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THE  
CONSUMPTIVE'S  
GUIDE TO HEALTH;

OR, THE  
INVALID'S FIVE QUESTIONS,

AND THE  
DOCTOR'S FIVE ANSWERS.

A COMPREHENSIVE PRACTICAL TREATISE ON PULMONARY CON-  
SUMPTION, ITS PREVENTIVE AND CURATIVE TREATMENT,  
ETC., ETC., ADDRESSED IN POPULAR LANGUAGE  
TO NON-MEDICAL READERS, AND INCI-  
DENTALLY TO PHYSICIANS  
AND STUDENTS.

BY  
J. HAMILTON POTTER, M. D.,  
No. 404 BROADWAY.

SECOND EDITION

NEW YORK:  
J. S. REDFIELD, CLINTON HALL.

1852.

G. R. T.



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## PREFACE TO THE FIRST EDITION.

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PROMPTED by a desire to study as fully as possible the class of diseases treated of in the following pages, the author was sometime since induced to visit Europe, where superior hospital advantages are enjoyed, and private instructions given by the most eminent physicians upon special diseases, Auscultation, Percussion, &c., &c. Having availed himself of these and other advantages in the colleges and hospitals of Paris, Brussels, London, Dublin, Glasgow, Edinburgh, and several other cities, he returned to his native country, rejoicing in the belief that the progress of consumption, bronchitis and other diseases of the chest, and diseases of the throat can be arrested by the hand of Science. Under this belief he determined to devote special attention to the treatment of those diseases. He has hurriedly prepared this little work, during detached moments snatched from his professional engagements, and presents it to his patients, friends, and the public—to whom the work is respectfully dedicated—with the sincere hope that it may be instrumental in averting the ravages of the peculiar scourges of our climate. The author cordially invites just and candid criticism.

Philadelphia, Nov., 1849.



## PREFACE TO THE SECOND EDITION.

---

THERE are several diseases considered in this edition which were not mentioned in the first. The diseases referred to are frequent precursors of consumption, and therefore, the author thinks a consideration of them very clearly comports with the main subject upon which he writes. They are, Lengthened Uvula, Tonsillitis, Laryngitis, Trachitis, Asthma, Falling of the Bowels, Falling of the Womb, Fluor Albus or Whites, Amenorrhœa, Dysmenorrhœa, Chlorosis, Barrenness, Dyspepsia, Constipation, Catarrh, Common Colds, &c., &c. Notice has not been made of all of the diseases of the chest, the author not wishing to extend his work with matter which he fears would not interest the general reader. He has not written upon Hydrothorax, Pneumothorax, or Hydropneumothorax; Cancer, Apoplexy, Gangrene, Hepatization, Carnification, or Atrophy of the lungs; a reference to the glossary, will tell the reader what these diseases are. Very little is written upon diseases of the heart, as it would require a good knowledge of anatomy for the reader to understand a paper upon the subject.

Female diseases are so frequently and directly the causes of consumption in ladies, and of inconveniences which render life so burdensome to them, that the author has been induced to devote much attention to this branch of the profession; the success

which has attended his extensive practice in this line, has amply repaid him. Perhaps there is no class of diseases upon which the practitioner should devote more study; we are to bear in mind that not more than fifteen ladies in every twenty are entirely exempt from some affection peculiar to their sex.

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## INTRODUCTION.

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THE first physicians were the priests of Egypt ; their practice consisted principally of incantations and mystical spells, not perfectly unlike those of our modern prophets. But the Greeks were the first to give medicine the semblance of a science, and the name of *Æsculapius* was the first which was rendered illustrious by real philosophy and research ; he was elevated by his admiring countrymen to the title of “ Great God of Physic,” and splendid temples were erected to his honor in every part of Greece. But, rising like a great overshadowing rock from the desert far up against the blue heavens, with its top surmounted by a flame whose light illumines the farthest shores, behold Hippocrates, the father and founder of medicine ! his theories are based upon research, experiment, philosophy, facts ; which have secured for him, even in modern times, the title of “ Medical Philosopher.” The present is the age of utility, of discovery, and of extraordinary advancement in the useful arts and sciences ; its achievements have no parallels in the history of nations. The sombre ascendants of hereditary custom and ignorance have been consumed by the triumphant blaze of modern ambition and greatness. The long annals of ancient

glory shone only like the transient glare of the meteor, while the solid fabrics of our times are the undying foundations upon which knowledge is building the celestial temple of amelioration and philanthropy. In this age immortal Freedom was born, under the banner of Washington; and, could the genius of despotism reanimate the warlike hordes of Attila, and the martial bands of Scythia, and array them against her sacred temple, every hill and every valley would glisten with the irresistible steel of her valiant sons, who would sweep them at one charge, like a receding wave, back to the shady shores of forgetfulness. As liberty is the basis of true religion, of national prosperity, and of individual happiness, so also is she the fustress of science. And while the world is dazzled by the wonderful achievements of machinery, and the results of steam and electricity in bringing distant nations and friendly firesides within speaking distance, how much more worthy of our admiration are those philosophical researches and advancements in medicine, which tend to the prolonging of human life, and the alleviation of suffering. The names of Jenner, the institutor of vaccination, and of Harvey, who discovered the circulation of the blood, are embalmed in more real glory than pertains to all the conquerors and statesmen whose great names will forever grace the annals of nations. Who shall place limits to our attainments in the healing art? The older physicians, who have devoted a lifetime to the study of what was known and approved in their day, are sometimes jealous of ad-

vancements with which they cannot keep pace. The use of chloroform was opposed by them, on its first introduction, as an impertinent innovation—good for nothing, or it would have been used in their day. By them, also, consumption is held to be forever incurable; and every new discovery and advancement which has the desirable object in view, is frowned upon as mere presumption. All new theories are opposed, at first, but when they become established truths, their opposers creep in, if possible, unobserved, and adopt them in self-defense. The public mind is somewhat distracted, just now, upon the subject of medicine, on account of the many different theories for the annihilation of the established science, and for the cure of disease, which are obtruded upon its notice.

In view of this matter, philosophers and philanthropists have the consoling reflection that much good will come of it; for difference of opinion excites scrutiny, discussion and investigation, all of which are indispensable in our search after truth. Heretofore, the greatest reproach upon our art was its uncertainty, particularly in pathology and therapeutics; these perplexities are fast giving way before the triumphant genius of the present age. The practice of medicine is no longer mysterious, experimental, obscure, uncertain, expectant; it is now a true and positive science, adorned by genius and learning. We now understand the nature, causes, symptoms and seat of disease, the indications which call for the interference of the physician, and the *modus*

operandi of the vast field of remedies which a benign Providence has placed at our disposal. The brilliant in intellect, the delicate and beautiful in person, and the lovely and amiable in heart, have always been the peculiar victims of consumption. Shall we, in utter servility, chain our understandings to the maxims of ignorance, and let earth's fairest flowers lay and fester and rot because our predecessors have failed to accomplish in consumption, what Jenner has in small-pox, Lugol in scrofula and goitre, Trousseau in throat diseases, and Civiale in urinary calculi? Physicians, by their precepts and *practice*, have so long and so successfully taught the community to believe that consumption is incurable, that people are now extremely averse to any agitation of the subject, and hold to their erroneous convictions with extraordinary tenacity. This is all wrong, and must give way; people are often—in these times—forced to believe and adopt propositions which are opposed to all their former experience and to common sense. We can do *anything* if we but know how; We can *cure consumption* if we know how. Not, then, that consumption is incurable, but that heretofore physicians have not known *how* to cure it. That goal has been reached at last; for the truth of this assertion, the author refers to the authority of Drs. Stokes, Wood and Louis, and to the cases recorded in the subsequent part of this work.

The average of human life is now only eight years. Whereas we have the authority of the Bible that it should be seventy. One-fourth of all who are

born, die before the eleventh month, one-third before the twenty-third month, and one-half before the eighth year, two-thirds before the thirty-ninth year, and three-fourths before the fifty-first ; so that out of every nine children born, only one attains to the age of seventy-three, and out of about twelve thousand, only one attains to the age of one hundred.—*Buffon*. There seems to be no reason why the human machine should not run on to a good old age, say one hundred and twenty years—barring accidental death. Our race has no doubt brought upon itself and entailed upon succeeding generations many of the numerous diseases to which we are subject. I cannot think that it was the original design of the Almighty that we should be thus afflicted. New diseases are generated by new habits and modes of life ; they follow in the wake of *civilization* and *refinement*. Think you that the Arab of the desert, or the Indian of the forest, is subject as we are to an almost countless list of diseases ? Old age is almost their only dread, and, aside from war and violence, almost their only cause of death. There is a saying among the Arabs that their patriarchs never die, but gradually dry up until they become so light, that finally a puff of wind blows them away, and they are wafted to Paradise. In intellect we advance, and are becoming giants ; but in body we deteriorate in a direct ratio. If we would increase our years, improve the standard of longevity, and live long, we must live to simple nature, abjure luxury, labor or recreate in the open fields and woods, plough, or hunt

the wily fox, or troll the pebbly mountain stream. Our diet claims much care and study, and if we eat and drink to nature, we shall be called on for the practice of great self-denial. For such sacrifices, however, we reap immediate and rich rewards, in the blessings of sound health, strength, clear minds, valiant souls and bouyant spirits.

J. H. POTTER, M. D.

No. 404 BROADWAY.

NEW YORK, January, 1852.

## CREDENTIALS.

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THE author wishes to avoid publishing anything within these pages which his friends, the profession, or a discerning public would disapprove; but it is his judgment, though perhaps that judgment may be erroneous, that all popular medical writers should prefix their credentials to their productions.

Extract from a letter from the Hon. Richard Rush, late American Ambassador to France.

PARIS, *June 1st*, 1849.

MY DEAR SIR: Dr. J. Hamilton Potter, one of our countrymen, commended to me, through good sources, as a physician of merit and worth, being about to leave France for London, I beg to give him this line of introduction to you. Asking you to receive him kindly,

I remain, my dear Sir,  
Respectfully and faithfully yours,  
RICHARD RUSH.

To COLONEL ASPINWALL,  
*Consul of the United States, London.*

---

Letter from Mr. Ford, of Lancaster, Pa., to the Hon. Charles Ogle.

REPRESENTATIVE CHAMBER,  
*Harrisburg, Pa., March 26th*, 1838.

DEAR SIR: The bearer of this letter, Dr. J. H. Potter, of the city of Philadelphia, is a gentleman of character and reputation, whom I would respectfully introduce to your acquaintance. Any attention which may be shown him, will be cheerfully acknowledged by

Yours, respectfully,  
GEORGE FORD.

Copy of Diploma from the Philadelphia College of Medicine.

OMNIBUS ET SINGULIS HAS LITERAS LECTURIS  
SALUTEM.

Notum sit quod nos

PRÆSES ET PROFESSORES COLLEGII MEDICINÆ PHILADELPHIENSIS  
REIPUBLICÆ PENNSYLVANIENSIS

Auctoritate constituti.

Hoc scripto testatum volumus virum probum

JOHN HAMILTON POTTER,

Omnia studia et exercitia ad gradum Doctoris in Arte Medica spectantia rite et legitime peregissee, eumque, coram professoribus examinatione comprobatum. DOCTOREM in ARTE MEDICA creavimus et constituimus, eique, omnia jura, immunitates et privilegia ad illum gradum hic aut ubique gentium pertinentia dedimus et concessimus. In cujus rei majorum fidem hocce diploma, communi nostro sigillo munitum, et chirographis nostris subscriptum, sit testimonio.

Datum in aula Collegii, PHILADELPHIÆ. Die Sexto Mensis Martis.  
Annoque Domini, 1847.

JACOBUS MCCLINTOCK, M. D., Anat. Prof.

H. GIBBONS, M. D., Theor. and Prax. Med. Prof.

CHRIS. C. COX, M. D., Inst. Med. et Jurisp. Prof.

ALFREDUM L. KENNEDY, M. D., Chemia. Prof.

RUSH VAN DYKE, M. D., Mat. Med. et Therap. Gen. Prof.

CAROLUS A. SAVORY, M. D., Obstetric et Morberete Prof.

JACOBUS MCCLINTOCK, M. D., Chirurg. Prof.

M. W. DICKESON, M. D., Anat. Path. et Comp. Prof.

J. R. BURDEN, M. D., Præses.

J. MCCLINTOCK, M. D., Scriba.

(Seal.)

Copy of Certificate from the Pennsylvania Hospital.

WE, THE ATTENDING MANAGERS, PHYSICIAN AND SURGEON OF THE  
PENNSYLVANIA HOSPITAL,

Do CERTIFY, that JOHN HAMILTON POTTER, M. D., of NEW YORK CITY, hath attended the practice of the PHYSICIANS and SURGEONS of the said HOSPITAL for one year.

IN TESTIMONY WHEREOF, We have respectively set our Names to this Certificate, and caused the Seal of the Hospital to be thereunto affixed, this sixth day of March, in the year of our Lord, 1840.

Attest,

JOHN T. LEWIS,

Treasurer.

(Seal.)

JACOB G. MORRIS, }  
G. ROBERTS SMITH, } Managers.

GEO. B. WOOD, Physician.

GEO. FOX, Surgeon.

Copy of a Certificate from Dr. Oulmont, Chief of the Clinique of the Faculty of Medicine of Paris, France.

REPUBLIQUE FRANÇAISE.

Liberté, Egalité, Fraternité.

ADMINISTRATION GENERALE DES HOPITAUX, HOSPICES CIVILS ET  
SECOURS DE PARIS.

JE, soussigné, DOCTEUR EN MEDICINE et CHEF de Clinique de la faculté de MEDICINE de PARIS certifie que J. Hamilton Potter, M. D., de New York (Etat Unis d'Amerique) a suivi avec beaucoup de distinction mes Cours d'Auscultation et de Percussion.

Paris, le 3 Juin, 1849.

OULMONT.

PORTLAND, *October 13th*, 1845.

DEAR SIR : Permit me to introduce to your favorable notice the bearer, Dr. Potter, a gentleman from New York, now on a visit to Maine for his pleasure and the benefit of his health.

Yours, very respectfully,

C. C. TOBIE, M. D.

To CHARLES SNELL, M. D., *Bangor*.

Extract from a Letter from George Ford, Esq., Attorney, Lancaster, Pa.

REPRESENTATIVE CHAMBER,

*Harrisburg, March 26th*, 1838.

HON. EDWARD DAVIS, Washington, D. C.

DEAR SIR : Allow me to introduce to your favorable notice and attention, Dr. J. Hamilton Potter, of Philadelphia. I have had abundant opportunity, during the present session of the Legislature, of improving my acquaintance with him, and therefore cheerfully recommend him to you as a gentleman, every way worthy of your acquaintance.

Very respectfully yours, &c.,

GEORGE FORD.

Extract from a Letter from Joseph T. Rowand, M. D.

PHILADELPHIA, *November 4th*, 1843.

Messrs. BREWERS, Boston, Mass.

GENTS : I take pleasure in introducing to your acquaintance my friend, Dr. J. Hamilton Potter. Dr. Potter stands high in his profession here, and is a gentleman of irreproachable character.

I am, Gentlemen, your obedient Servant,

JOSEPH T. ROWAND.

Extract from a Letter from J. S. Pompelly, Esq., of Owego, N. Y.

OWEGO VILLAGE, *August 9th*, 1838.

JOHN J. SPEED,        }  
BENJAMIN FERRIS, } Ithica, N. Y.

GENTLEMEN : I take the liberty of introducing to your acquaintance, and commending to your kind attention the bearer, Dr. J. H. Potter. I believe him to be skillful in his profession.

Your Friend and humble Servant,

J. S. POMPELLY.

---

Extract from a Letter from the Hon. D. S. Dickinson.

BINGHAMPTON, *August 4th*, 1838.

MESSRS. THOMAS A. JOHNSON and }  
HENRY G. COLTON,                } Painted Post.

GENTLEMEN : I desire to present, for your favorable notice, Dr. Potter, late of Philadelphia. He has given high evidence of professional ability.

Yours, truly,

D. S. DICKINSON.

---

From the Quaker City, Philadelphia, December 29th, 1849.

'THE CONSUMPTIVE'S GUIDE TO HEALTH, BY J. HAMILTON POTTER, M. D.—We intended to have noticed this work long before this, and put it off from day to day, hoping for time to do it something like justice. To say we are pleased with its plan and execution, is to convey but a faint idea of our approval. It is positively the best written book, on a medical subject, that we have ever read. Every word, written on a matter of such vital interest as consumption is, should be heard with favor; but when, as in the present case, the writer treats of it, not only with ability, but scientifically, hopefully, rationally, and above all with his style divested of those technical mysticisms with which the followers of the medical profession have persisted in destroying the utility of their books, too much praise cannot be accorded to the effort.

Dr. Potter pronounces consumption a *curable disease*, and, in spite of the dogmatic assertions of those professors who, because they have failed, consider failure inevitable, insists that a thorough physician can treat as successfully diseases of the lungs, as any other illness whatever. We had marked some passages for in-

section, but on the whole think it better warmly to recommend our readers to get the book at once and judge for themselves. At this season of the year, when the human frame is most liable to be influenced by the weather, a careful perusal of the preventive and curative mode of treatment which the Doctor recommends, cannot but be beneficial to both the healthy and the infirm.

## GLOSSARY.

---

BEFORE entering fully upon the discussion of our subject, a few medical terms are presented to the reader, and accompanied by clear and brief definitions. As these terms will unavoidably occur as we proceed, the reader will at once discern and appreciate the author's motive in introducing them thus early to his notice. He thinks that every intelligent reader should master *this much*, at least, of the mystery which canopies and conceals the Science of Medicine; whereby he may obtain glimpses into its depths profound, which are forever closed to the illiterate and obtuse.

**ACUTE.** In Pathology, applied to diseases whose symptoms are violent and whose course is short.

**ALVINE.** Appertaining to the bowels.

**AMENORRHŒA.** Obstruction of the menses.

**ANTIPHLOGISTIC.** Means which tend to reduce inflammation.

**ATROPHY.** A wasting of any part of the body, or of the whole body.

**AUSCULTATION.** Art of forming a diagnosis by listening to the sounds of the lungs, heart, arteries, and veins.

**BRONCHITIS.** Inflammation of the mucous lining of the bronchial tubes.

**CACHEXIA,** (from *κακος*, bad; and *εξίς*, a habit.) A bad condition or habit of the body, arising from scurvy, syphilis, scrofula, &c.

**CARNIFICATION.** Conversion of any texture of the body—not flesh—into a substance resembling flesh.

**CHRONIC.** Applied to diseases of long continuance, opposed to acute.

**CONGESTION.** An unnatural accumulation of blood in any organ, caused by defective circulation.

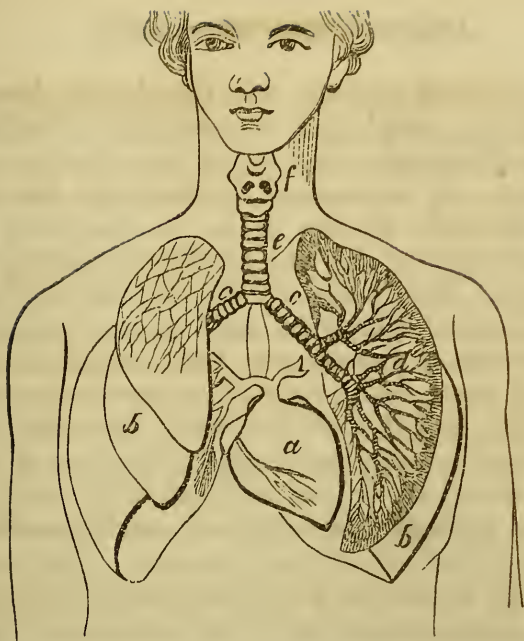
**CONSUMPTION,** (from *consumo*, to waste away.) Wasting of the body; any disease attended with emaciation; but strictly tuberculous phthisis.

**COSTAL.** Pertaining to the ribs.

**CYNANCHE,** (from *κυων*, a dog, and *αγχω* to suffocate.) Sore throat.

- DIAGNOSIS**, (from *διαγιγνώσκω* to discern or distinguish.) The art of recognising a disease by its symptoms, and of distinguishing one disease from another.
- DIAPHRAGM**. The midriff—muscle separating the cavity of the chest from the abdomen.
- DIATHESIS**. Any morbid peculiarity of constitution.
- DYSMENORRŒA**. Difficult or painful menstruation, with pain in the back, loins, &c.
- EFFETE**. Barren, worn out, impoverished.
- EPIGLOTTIS**. The cartilage at the root of the tongue that falls upon the glottis, or superior opening of the larynx.
- EXPUITION**, (from *exspuo*, to spit out.) The act of spitting.
- FAUCES**. The back part of the mouth including, the pharynx.
- FÆCES**. Alvine excretions.
- GANGRENE**. A mortification of living flesh.
- GLOTTIS**. Superior opening into the windpipe, at the larynx, covered by the epiglottis.
- HYDROTHORAX**. Dropsy of the chest.
- HYDROPNEUMOTHORAX**. Pneumothorax complicated with a serous infiltration.
- HYGEIA**. The goddess of health.
- HYGIENIC**. Pertaining to health.
- HYSTERIA**. Spasmodic disease, dependent on uterine irregularity.
- LARYNX**. The top of the windpipe, including the organs of voice.
- LARYNGITIS**. Inflammation of the larynx.
- LEUCORRŒA**. Fluor albus. The whites, a secretion of whitish mucus from the vagina of women.
- MENORRHAGIA**. Flooding, immoderate flow of the menses or of blood from the Uterus.
- NORMAL**. Natural, healthy.
- ŒDEMA**. Tumefaction from serous effusion.
- ŒSOPHAGUS**. Gullet, or tube leading to the stomach.
- PARENCHYMA**. The spongy and cellular substance or tissue that connects parts together.
- PATHOGNOMONIC**. A term given to symptoms which are characteristic of, or peculiar to, a disease.
- PATHOLOGY**. Science or doctrine of diseases.
- PARTURITION**. Child-birth.
- PERCUSSION**, (from *percutio*, to strike.) Physical examination of the chest, abdomen, &c., by striking their walls; and is either mediate or immediate, direct or by a pleximeter.
- PHTHISIS**, (from *φθίω*, to consume.) Pulmonary consumption.
- PHARYNX**. Top of the œsophagus, or canal leading to the stomach.

- PLETHORIC.** Having the vessels over-charged with fluids.
- PNEUMOTHORAX.** Perforation of the plura with infiltration of air into the cavity of the chest.
- PNEUMONIA.** Inflammation of the lungs.
- PULMONARY,** (from *pulmo*, the lung.) Belonging to the lungs.
- PURIFORM.** Resembling pus.
- REGIMEN.** Regulation of the diet and habits.
- RUBEFACIENT.** An application which produces redness of the skin without blistering.
- SCROFULA,** (from *scrofa*, a sow, because hogs are often affected by it.) A disease consisting of hard indolent tumors of glands in various parts of the body, which suppurate, degenerate into ulcers and discharge a white curdled matter—not pus.
- STERNUM.** The breast-bone.
- STRUMOUS.** Of the nature of scrofula; synonymous with scrofulous.
- TONSILLITIS.** Inflammation of the tonsils, quinsy, cynanche tonsillaris.
- THERMAL.** Warm, applied chiefly to the waters of warm springs.
- TONSILS.** Oblong, sub-oval glands situated on each side of the back part of the mouth.
- TRACHITIS.** Inflammation of the mucous membrane lining the trachea, croup, cynanche trachealis.
- TRACHEOTOMY.** A surgical operation, incision into the windpipe.
- TRACHEA.** The windpipe.
- TUBERCLE.** A scrofulous tumor; a morbid product occurring in various textures of the body, in connection with the scrofulous or tubercular diathesis.
- UVULA.** The pendulous body behind the soft palate.
- VELUM PALATI.** The soft palate.



HEART, LUNGS, BRONCHIAL TUBES, &c.

- a.* The Heart.
- bb.* The Lungs.
- cc.* The Bronchial Tubes.
- d.* Divisions, or ramifications of the Bronchial Tubes.
- e.* The Windpipe, or Trachea.
- f.* The Vocal Box, or Larynx.

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## ANATOMY AND PHYSIOLOGY.

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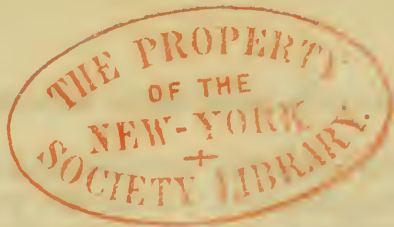
THE thorax, or cavity of the chest, is somewhat conical in shape, narrow above and broad below. It is bounded by the ribs, breast-bone, costal cartilages, intercostal muscles, vertebral column, and diaphragm. The articulation of the bones composing the chest, is such as to admit of motion; thus, it dilates and contracts in respiration. It contains the

heart and great vessels, the two lungs, bronchial tubes, pleura, œsophagus, nerves, &c. The heart is hollow and muscular, and is the central organ of the circulation. It is bounded in front by the breast-bone, posteriorly by the spine, on the sides by the lungs, and below by the tendinous centre of the diaphragm. The lungs are situated on each side of the chest, separated from each other by the heart and a portion of the pleura; they consist of a right and a left lung. The right lung is sub-divided into three lobes, and the left into two; the right lung is larger, but shorter, than the left; they are of a pinkish gray color, somewhat mottled with black; their texture is spongy, consisting of small membranous cells—ramifications of the bronchiæ. The lungs are invested by a delicate serous membrane—the pleura—which also lines the cavity of the chest; they are held in their position by their roots, formed by the pulmonary artery, pulmonary veins, bronchial tubes, bronchial vessels, and pulmonary plexuses of nerves. The bronchial tubes extend from the division of the trachea to their corresponding lungs, where they divide and sub-divide into their ultimate terminations in the minute air cells; the number of these cells, and the surface which they present to the air, is surprising, when the small size of the lungs is considered. M. Rochoux estimates the number of cells to be 600,017,790. Keill's estimate was 1,744,186,015. Lieberkühn's calculation gave them a surface of 1500 square feet. The surface of the bronchiæ alone, Hales thinks, is 1035 square inches. Thus, it will be seen that an immense ærating surface exists in the lungs for the contact of the blood with the air. The air has ready access to the blood of the pulmonary artery, but what the precise arrangement is, which carries on this contact, we know not; it is reasonably supposed to be capillary. The object of

this contact is—to use Bichat's term—"hæmatosis;" i.e., arterialization, decarbonization, oxygenation, or æration of the blood, which renders it nutritive. Blood which passes from the heart to the lungs is a dark red, but when it returns it is a light red. Arterialized blood stimulates the brain, and gives to the muscles contractility, upon which depend all animal strength, force, and motion. This chemical phenomenon of respiration was not understood by the ancients; but the process was generally thought to be a means of refrigerating the blood and cooling the body. Respiration subserves other purposes, not chemical: it is necessary to the sense of smell, to the act of speaking, laughing, sneezing, coughing, sighing, singing, crying, &c., &c. It is thought by physiologists that we take in about forty cubic inches of atmospheric air at each inspiration; thus we consume two or three balloonsful every day. The gases absorbed by the blood, make the quantity expired one-fifth less. In one day, then, we absorb about 14,400 cubic inches of oxygen and azote, and give off about eight ounces of carbon. Numerous muscles are concerned in the function of respiration: the diaphragm, the intercostal, infra costales, sterno costalis, serratus posticus, inferior and superior abdominal muscles, pectoral muscles, &c., &c.

The filaments of nerves sent to the lungs are from the pneumogastric and great sympathetic.





THE  
INVALID'S FIVE QUESTIONS,  
AND THE  
DOCTOR'S FIVE ANSWERS.

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PART SECOND.

WHAT IS PULMONARY CONSUMPTION?

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PULMONARY CONSUMPTION is a disease of the lungs, which man has brought upon himself, and which is developed by *tubercles*, which are formed in the substance of the lungs, and which soften and involve that substance in their own destruction. Tubercles are a peculiar morbid product—either secretive or excretive—of the blood, or of the lymphatics ; in fact, tumors, dependent upon a tuberculous or scrofulous state of the constitution, and developed by almost any bad condition or habit of the body which renders it incapable of resisting the diathesis. What the precise nature of this diathesis is, is at present unknown.

Tuberculous matter or tubercle, is, in consistence firm but friable, of a yellow color, and unctuous to the feel ; insoluble in water, sinking when placed in it, without smell, homogeneous and unorganized. Tubercles vary in dimension from the size of a millet seed, to that of a pigeon's egg. They are not con-

fined to the lungs, but are often found in the heart, liver, throat, intestines, brain, &c, &c.

The disease has three stages, which are marked by the following symptoms.

**FIRST STAGE.**—Slight, frequent, hacking cough, accompanied by a tickling sensation in the throat; the cough is dry, unless catarrh preceded the development of tubercle; expectoration at first scanty, thready, grayish and sometimes spotted with blood; distressing dejection, languor, shooting or wandering pains in the chest and shoulder, a sense of constriction across the chest, a feeling of weight in the chest, quick pulse, loss of appetite, sometimes tenderness of the subclavicular region, difficulty of breathing and slightly hurried respiration, hoarseness, weakness of the voice, and extreme liability to take cold on slight exposure.

**SECOND STAGE.**—Decided symptoms are established; the countenance is characteristic, the eyes are bright and clear, the digestive system suffers. The patient has abdominal pains, and can lie on one side better than the other.

Emaciation commences; the pulse is full, hard, and increased from 80 or 90 to 120 or 140. The cough becomes more and more harrassing, especially through the night and in the morning. There is an expuition of puriform and tubercular matter, increased difficulty of breathing, fever, morning and evening, chills or rigors, weakening sweats, irregular bowels, and often a coughing of blood from the lungs.

**THIRD STAGE.**—The chest becomes flat, the shoulders round, the clavicles prominent, the spaces between the clavicles and upper ribs deepened, the voice sometimes becomes extinct, sometimes hollow and melancholy.

Confirmed hectic is established; excessive weak-

ening sweats, diarrhea, great debility and extreme emaciation follow ; the nails become livid and incurved, the mind is clear and hopeful, the feet swell and become cold, and at last, sometimes a slight delirium occurs.

These stages are run through in from three to eighteen months, as a general rule, but sometimes the disease occupies years in its development and course. In cases of quick consumption, a few days or weeks suffice.

People most liable to pulmonary consumption, have light hair and eyes, small chests, swollen upper lips, fair or sallow complexions, brilliant minds, large veins, slight frames, nervous and sanguine temperaments.

Sedentary occupations favor the development of consumption far more than those which require vigorous exercise, in the open air, especially. Students, teachers, inhabitants of convents and prisons, weavers, factory operatives, tailors, milliners, seamstresses, stone-cutters, feather-dressers, needle-grinders and brush-makers, are peculiarly liable to the disease. Women are more sedentary than men, and consequently more subject to consumption. It attacks at all ages, even from the unborn child to the decrepit centenarian. It is estimated that one-sixth of the deaths north of the tropics are caused by it. In England alone, there are about sixty thousand deaths annually, from the same cause ; and so prevalent is the disease upon that island, that in many countries on the continent of Europe, consumption is called "the English disease."

I will subjoin a table, showing the number of deaths, comparatively, which occur each year in the several larger cities, which may not prove uninteresting, but, perhaps, even instructive to my readers. In New York, one person dies out of every thirty-

five of the inhabitants, yearly ; a standard which is entirely too low, but which it is hoped will be improved when the sewers are completed, drainage established, and people cease throwing offal, or waste bits from their kitchens, into the gutters ; and when the authorities keep our streets in a condition to be passable without stilts and smelling bottles ; and reduce our grog-shops from thousands, down to a few sober hundreds ; to say nothing of our artificial milk-stills. Oh, shame ! shame ! to those who can, but do not, apply the remedy. In one neighborhood in this city, there are—as the author was informed on the premises by a proprietor—from three to five thousand cows ; they are confined in such close proximity, that they have barely room to lie down, and here they are kept upon still slops, and their milk sold through the city, until *consumption*—which they soon contract—renders their flesh fit and ready for the butcher's stall.

TABLE OF YEARLY MORTALITY.

|                  |   |         |    |                  |   |         |    |
|------------------|---|---------|----|------------------|---|---------|----|
| Paris . . . . .  | 1 | Dies in | 32 | Baltimore . . .  | 1 | Dies in | 35 |
| London . . . . . | 1 | “       | “  | Berlin . . . . . | 1 | “       | “  |
| New York . . .   | 1 | “       | “  | Brussels . . .   | 1 | “       | “  |
| Philadelphia .   | 1 | “       | “  | Madrid . . . .   | 1 | “       | “  |
| Glasgow . . . .  | 1 | “       | “  | Naples . . . . . | 1 | “       | “  |
| Boston . . . . . | 1 | “       | “  | Rome . . . . .   | 1 | “       | “  |
| St. Petersburg   | 1 | “       | “  | Geneva . . . . . | 1 | “       | “  |
| Amsterdam . .    | 1 | “       | “  | Vienna . . . . . | 1 | “       | “  |
|                  |   |         | 24 |                  |   |         | 22 |

## PART SECOND.

### WHAT CAUSES PULMONARY CONSUMPTION?

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WHATEVER creates the morbid diathesis, and excites it into action—as hereditary predisposition, scrofula, common colds, inflammations of the pulmonary organs, vitiated or deficient action of the secretory organs, too early marriage, and all debilitating diseases; abuse of mercury, healing of old ulcers, cessation of habitual discharges, neglect of early symptoms, inhalation of impure air and of foreign substances, as gases, dust of metals, stone, &c.; deformity, diminution of the capacity of the chest from a habit of stooping and from tight lacing, displacement of the abdominal viscera, dissipation, grief, exhausting indulgences, indolence and despondency; disappointment, anxiety, intense mental application, bad or insufficient diet, irregularity in any function of the body, bad habits, too much or too little clothing, want of exercise, want of rest, want of sleep, dosing with nostrums, use of warm water in washing and bathing, sleeping in feather beds, sitting in over-heated and illy ventilated apartments, and frequenting crowded assemblies; residence in damp, harsh climates, and in exposed, windy situations; living in cellars, underground kitchens, and dark, gloomy apartments, where the sun seldom enters; sleeping in basement rooms, or in small, close chambers, or in a chamber with several other people, or in rooms with fires; all seden-

tary employments, working in paper and other factories, and constantly inhaling steam and dust from filthy rags, &c.; wealth, and a high state of mental culture, luxury and refinement. All of these causes result in debility, delicacy, effeminacy, imbecility, irresolution, cowardice, fickleness of mind, and aversion to all occupation; a state of body and mind which is as sure to be followed by consumption, as are the storm-driven waves of the ocean to dash upon leeward rocks. So long as we continue to bring up our children upon velvet cushions and feather beds, feed them with delicacies, clothe them improperly, force the mind beyond its strength, and indulge them in exemption from industrious and laborious pursuits, so long will they continue to fade like hot-house plants.

These mistaken notions are almost peculiar to this country. While our ladies and children are well nigh constantly in the house, growing delicate and effeminate, the ladies and children of Europe are out, laboring or sporting in the fields. No nation of people in the world, compare with the Americans in effeminacy, and what is so much coveted—delicacy. This is not beauty; health is beauty. Our ladies fade and become old and wrinkled at twenty-eight or thirty, while an English lady is in her prime of beauty at forty. Our young girls become women at sixteen or eighteen, while in England they are not considered young ladies until twenty-five.

Change of occupation is also a prominent cause of consumption. Young men brought up to some active out-door business in the country, are often placed in stores, counting-rooms, and offices in the city or town; their habits are all changed; they take very little out-door exercise, adopt a luxurious diet and different clothing, learn to smoke—if not to drink—keep late hours, read exciting books, attend

theatres, concerts, balls and parties; they soon become *delicate*, take a cold, house themselves, take another, get sick and send for a doctor; bleeding, blistering, tartar emetic and opium finish the work; their constitutions are ruined, and they are a prey to consumption. Another is sent to the academy, and thence to the college, where, by study, want of exercise, impure air, imprudence in diet, and perhaps a little dissipation, he becomes debilitated, dyspeptic, nervous, susceptible to colds, and thus ruined in health. An athletic business man has made a fortune by his superior activity and sagacity; he retires, and, in his retirement, feeling the want of that excitement which he formerly derived from his occupation, seeks it in a new channel; he reads more, smokes more, chews more, drinks more, scolds more, eats more, lusts more—exercises less, and enjoys less; and if he does not return to business, will soon bring upon himself the business of an invalid, than which none is harder, nor more harrassing. But here let me mention a fact which is paramount. The greatest of all causes of acquired consumption is, the immoderate drainage from the system of the vital or seminal fluid. Delicacy forbids me to enlarge upon the subject in this work, but there are valuable books upon these evils, which should be perused with care by the thinking and responsible adult, and their instructions properly enforced at a suitable age—when suspicion renders it imperative—upon the young. Secret vice is spreading a pall over this fair land. Who shall arrest its progress? how can we approach it properly? what will stay its demoralizing and death-spreading venom? Philosophers! give ear and eye and understanding to this subject, and save our youth from early ruin and premature graves. Well it is for America, that Germany and Great Britain are con-

stantly supplying and re-supplying us with their best blood, which is constantly mingling and commingling, with our own. Otherwise should we degenerate, with fearful strides, and soon bring the moth of despotism to protect us in our imbecility, from the first sturdy people who might mark us for their prey.

## PART THIRD.

### HOW CAN PULMONARY CONSUMPTION BE PREVENTED?

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AFTER a careful perusal of the second part of this work, the reader will at once arrive at the conclusion, that to prevent pulmonary consumption, we must avoid, as far as possible, its causes; without, however, relying upon this hint, I shall advert directly to the most prominent and effectual avertive and preventive measures.

COLD BATHING.—One of the most efficacious avertive means is the daily use of the cold-bath; which may consist of a plunge, a shower-bath or a sponge-bath. The bath is one of nature's great tonics; it excites the skin, with its 7,500,000 pores and its perspiratory and oil-secreting glands, to healthy action; promotes the circulation of the blood, keeps the person clean and the skin healthy, materially assists the lungs, liver and kidneys in performing their functions, gives alacrity for exercise, develops the muscles and renders them hard and active, fortifies the system against vicissitudes of temperature, destroys the scrofulous diathesis, promotes clearness and vivacity of the intellect, cheerfulness and virtue; increases the appetite, greatly assists digestion, clears the complexion, and lends charms which even youth and beauty cannot dispense with. Both *before* and *after* bathing, the skin should be excited to redness by means of a flesh-brush or crash towel, so that the reaction may be perfect. This precaution should not be neglected, on

any account, as colds, rheumatism, lassitude, diarrhea, indigestion, pain in the loins, stiffness of the joints, congestions, bronchitis or laryngitis might result, and the otherwise salubrious bath be converted at once into a source of disease. Bathing should be persevered in throughout the entire season—summer and winter. In winter—to promote reaction and prevent a chill—it is desirable, in fact imperative, to have a warm room either to bathe in, or to retire to immediately on emerging. The water employed should always be *cold*, or at least cool; in summer, there is little danger of obtaining it *too* cold—in this climate—but in winter, the icy chill should be taken from it by allowing it to stand in a warm room for a while, or by a slight addition of heated water or vapor. I consider water of the temperature of 75° F. for summer bathing, and 60° F. for winter bathing quite warm enough. In spring and autumn, it might range from 65° to 70° F.

People of delicate constitutions, sedentary people, and even some who esteem themselves robust, find it difficult to obtain immediate reaction after the cold bath, and think they cannot bathe in cold water, with profit or safety. This objection is at once wholly obviated, if the directions given in this paragraph are strictly adhered to. I loathe repetition, but will, for the sake of impression, subjoin the correct procedure. On rising from bed, the bath should be in readiness; the person strips, applies the flesh-brush, hair mittens or crash towel, until the skin is reddened and a glow of heat is felt—which will cause cold water to feel pleasant upon the person—uses soap, with a small quantity of water, quickly, then the sudden plunge, shower, dash, or sponge, then the crash towel quickly and thoroughly applied, the clothing immediately resumed, exercise commenced, and reaction is more perfect than it would be after a *tepid* bath; and the person will feel warmer,

evolve more heat, and receive infinitely more benefit than could possibly result from bathing in warm water.

The reader must bear in mind that while I am insisting upon the use of *cool* water for the bath, I am on the subject of daily bathing for *preventive* and *hygienic* purposes, for delicate people and people in health, and that I am not treating of the bath as a *therapeutic—curative*—agent for those who are ill of different diseases. If it were my purpose to treat of bathing as a *remedy* in disease, I should do so in a separate volume, as such consideration would far transcend the limits which I have assigned to this, which is not absolutely a monograph.

The thermal waters of Wisbaden, Teplitz, Landeck, Baden-Baden, and Aix-la-Chapelle in Germany; of Bath in England; of Vichi, Adour, St. Sauveur, Aix, Dax, La Maloux, Cambo, Bonnes, &c., &c., in France; Leuk in Switzerland, St. Julian in Italy, and many others on the continent of Europe; the warm springs of the United States, in Virginia and North Carolina, being in most cases impregnated with the different gases and minerals, are severally noted for their curative power in different diseases and are the resort of invalids. The healthy and robust despise these sickly haunts, and prefer a bold dash and a plunge into the clear, living river, the cool, crystal lake, or the free, broad ocean.

People not used to the bath, should of course commence upon its use gradually, by bathing a little and a little more of the person each day, until they can endure a plunge or a perfect shower. But, on no account should a person commence with *warm water*, designing to make it colder and colder each day, as this would involve an achievement of far greater difficulty, and is by no means so safe. The cold bath should on no account be prolonged until the person becomes chilly; this habit constitutes one

of the abuses of bathing, and, for delicate people, young children and invalids, is always an injurious and an exceedingly dangerous practice. It is not necessary to occupy many minutes in the whole operation of rubbing with the brush or towel, and wetting the person; the latter operation is performed by a plunge into the bath-tub, or by means of a shower-bath, or even a sponge or towel, and a bowl of water, in from five to fifteen seconds; which is quite long enough for invalids to endure the shock. People of robust constitutions, who bathe for pastime, as well as health and cleanliness, can, when the opportunity of swimming is afforded, remain in the water for many minutes, without injury. Sea-water is preferable to any other for the bath-tub; but as it is difficult to be supplied with that at all times, an imitation may be substituted, by medicating fresh, soft water with salt, soda, mineral acids, &c. The proper hours for bathing are immediately after rising in the morning, and occasionally just before going to bed at night; but we should never bathe directly after eating, or when the mind or body is fatigued, or the person is cold, overheated, or in a perspiration. Invalids, who cannot bear the bath early in the morning, may bathe at eleven o'clock, or about three hours after breakfast.

Hippocrates, Aristotle, Plato, Homer and other ancient authors, made frequent allusions in their writings to baths and bathing; the ancient and luxurious Persians, the learned Greeks, and the rich and chivalric Romans, erected public and private baths, which astonished the world by their almost unlimited extent and costly magnificence. If any merit can be attached to a custom or hygienic practice on account of its antiquity, that of bathing should stand preëminent; for none can much ante-date it. In the Old Testament history, we find the remote example of the patriarchs; Abraham furnished water

for the three angels, his guests, who bathed; Lot tendered water for the same purpose to the holy two in the gate of Sodom; Pharaoh's daughter, attended by her maids, went down to the Nile to wash herself; the waters of Bethesda, Siloam and the flowing Jordan, laved the sons and daughters and washed away the infirmities of Judah.

AIR AND EXERCISE.—We claim for our science the remotest antiquity; and since the days of Hippocrates, the great apostle who first gave it legitimate character and respectability, medicine, though still in its infancy, has advanced steadily and perseveringly toward perfection; elaborating the very elements, and nearly all material nature into healing agents. Gold, silver, quicksilver, copper, iron, lead, zinc, bismuth, &c., in the mineral world; the water of the sea, and the almost innumerable family of plants, now yield to our science their long hidden sanative treasures. The field for exploration is so vast, so prolific, and so enticing to the scientific physician, that some are apt to lose sight of, and neglect to employ, nature's simpler remedies, and this because they *are* simple and familiar, but which came forth from the crucible of the Almighty, at once the great original supports and restoratives of animal life. These beneficent agents are in the power of all mankind, and the author wishes to impress every person, and especially every invalid, with the sure advantages to be derived from their employment. No preventive and hygienic agents are more simple and familiar, and none more salutary and efficacious, than the inhalation of pure, fresh air, and the taking of suitable exercise. Some physicians entertain the notion, that when a person is threatened with diseased lungs, he must at once be housed in a well-heated apartment, and avoid the fresh air as though it were poison to him. No mistake could possibly be more fatal; none further from

sound medical philosophy ; and no course will with more certainty fasten upon the misguided patient the very disease he seeks to avert. By the inhalation of pure, fresh air, the blood is perfectly ærated ; in other words, deprived of carbonic acid and effete animal matter, supplied with oxygen, and rendered conducive to the healthy action of every organ or viscus to which it flows, and which depends upon it for life, nourishment and health. By exercise, the action of the lungs, skin, and circulatory system is accelerated ; this hastens the arterialization of the blood, the consumption of fat, and the formation of muscle, and thus a healthy and recuperative tone is given to the whole system. No exercise can better subserve these purposes than walking, and if this be performed out of doors, the taking of air and exercise is most agreeably and usefully combined. If possible, every person, but more especially the consumptive, should spend several hours daily in the open air, occasionally expanding the lungs to their utmost capacity, by full and deep inspirations. Gymnastics, gardening, dancing, archery, hunting, fishing, swimming, and riding in a carriage or on horseback, all afford exhilarating and salutary exercise. The best time for exercising in the open air, during winter, is from eight to twelve o'clock in the morning, and from three until five o'clock in the afternoon. Of course these hours would not be suitable during the extreme heat of summer ; at that season, the cool of the day should be sought, though exercise at night is not so profitable as it is while the sun is shining, because animal life is nearly as much under the influence of the stimulus of light, as the vegetable creation ; and this stimulus is quite natural and requisite to the health of both. The early morning is the hour when nature unites her varied charms, and invites us forth to enjoy them. At the

dawn, the flowers and plants open, and exhale their aroma; and, stimulated by the sunlight, evolve their oxygen in floods. The sounds of the rippling brook, the trembling leaf, the waterfall, and the birds upon the branches, are then uninterrupted by the hum of busy life. It is very improper to take active exercise immediately before or after eating. The author is so deeply impressed with the necessity of taking vigorous exercise in the open air, either to prevent or cure consumption, dyspepsia, scrofula, effeminacy, debility, nervousness, throat diseases, cold feet, constipation, depression of spirits, and many other ills to which the sedentary and thoughtful are peculiarly liable, that he will venture to repeat his injunctions, and will say to the reader—if you wish to get well, keep well, and live long—exercise! A short walk once or twice a week, or a ride in a carriage, is not sufficient. You must take very active exercise, under cheerful auspices, for several hours daily.



Consumptive.

POSITION.—If the reader will examine the plates which are intended to illustrate the subject of this paragraph, he may read, in impressive and unmistakable language, reflections which words cannot so adequately convey. For these expressive figures, the author is, in part, indebted to that accomplished artist, WILLIAM CROOME, Esq., of Philadel-



Not Consumptive.

phia, who has copied his designs with great truth and spirit. The author is deeply impressed with the importance of the precautionary measures of maintaining a fine erect position, and of cultivating perfect symmetry of the whole system; considered not only for every member of the human family—in sickness and in health—but with strict reference to the unfortunate consumptive. He has therefore aspired to elicit the special attention of his readers to these important considerations. It is remarked by observing foreigners, who visit this country, that many of our people, and especially our women, are comparatively deficient in bust; in other words, thin through the

chest. The author thinks his own observations in Europe, especially in England and Ireland, confirm these remarks. These differences may be owing, in part, to climate, but he thinks them dependent in a great measure, also, upon the habit of stooping, want of exercise in the open air, and the neglect of other sanative and hygienic measures. Consumption is, without doubt—partly, at least—a mechanical disease; or, in other words, it is caused by loss of symmetry. This, of course, comprehends contraction of

the chest, stooping, gravitation of the abdominal viscera, and other internal displacements. In seeking, therefore, to prevent the malady, much depends upon care in preserving the most perfect symmetry of the person, and, in cases of displacement or deformity, upon the judicious employment of proper mechanical remedies. While sitting or walking, the head, neck, and shoulders should be thrown as far back as is consistent with ease, grace, and locomotion: the chest should be thrown forward; these means serve to keep the viscera of the chest (lungs, heart, &c.,) in the places assigned them by nature, to make tense the abdominal muscles or belts, and thereby prevent the unnatural gravitation of the viscera of the abdomen. If the symmetry of the chest and shoulders has been lost by a habit of stooping and hanging the weight of the arms and shoulders forward upon the thoracic muscles, the unnatural and mischievous attitude should at once be corrected, not only by care in restoring these organs to their proper places voluntarily, but by the assistance of a suitable and well adjusted shoulder-brace. In cases where the abdominal muscles are relaxed, permitting the viscera of the abdomen to gravitate into unnatural positions, the displacement must forthwith be cured, by an easy but efficient abdominal supporter.

This instrument has a wide range of application, for a full account of which, the reader is referred to a subsequent chapter, devoted exclusively to this subject. It is indispensable to consumptives, extremely useful to those whose occupation obliges them to remain much in the upright position, to the corpulent, to people of a costive habit, to those afflicted with piles, weakness, or prolapsus, and to ladies during pregnancy and after confinement.

DIET.—While we are chewing our food it comes in contact with the excretory ducts leading from the salivary glands of the mouth, and stimulates them ; causing them to throw out an increased quantity of saliva, which mixes with the food. As soon as it is swallowed into the stomach, the food commences circumvolving round and round on the internal lining of that organ, stimulating it, and causing the secretion of the gastric juice. The gastric juice converts the food into chyme, which, in its turn, stimulates the valve at the pyloric orifice of the stomach ; the valve opens, and the food—now chyme—passes into the first of the small intestines—the duodenum ; the duodenum then secretes the intestinal liquor. Here also the chyme stimulates the ducts leading from the liver and pancreas, and receives from them the bile and pancreatic juice, and by the action of these fluids, the chyme is converted into chyle, and the lacteal vessels, becoming aware of its presence, push forward their mouths into the complicated mass, and suck up the nutritious fluid ; which, after being filtered through their glands, passes into the thoracic duct, and thence into the veins, where it mixes with venous blood and passes through the heart into the lungs, where it is brought into contact with the air, receives a quantity of oxygen, and becomes blood—arterial blood—fitted for the important office of nutrition. From the blood is elaborated the bones, muscles, brain, nerves, eyes, teeth, hair, nails, and every part of the human system, which is constantly undergoing absorption and renovation ; so that Napoleon Bonaparte, when he wedded Maria Louisa, was composed of new and entirely different particles, and could not be styled the same conglomerate mass of humanity, which placed the crown upon the head of Josephine. Who then shall say, “I do not care what I eat ?” We are made up from what we eat. Beef, pork, chicken,

goose, oysters, eels, frogs, cabbage, carrots, radishes, &c., &c.

What sort of a man, think you, would rum, brandy, beer, and tobacco-juice make? Bah! open the windows when the specimen enters, lest he spread a pestilence around him. What sort of a brain would pepper, salt, catsup, sausages, spice, nutmeg, and turtle soup make? Away with him, to the mad house. Good, plain, wholesome food, will make up a fine-looking, full-sized, manly, strong, and talented God's image; while highly stimulating, over-rich, meagre, or badly cooked, indigestible food, will make you up a puny, little, insignificant demon.

From the remotest ages, philosophers have labored to establish and make positive the science of human life, or the science of longevity. They have vainly sought for a panacea to cure all ills, and indefinitely prolong the life of man. Some have asserted, and endeavored to prove that a purely vegetable diet is the best promoter of health and longevity; others, that an almost exclusive animal diet is the true secret; others, that taking only water as a beverage, constitutes the foundation of longevity. Some go so far as to assert that premature death is produced by eating bread and other farinaceous substances, which contain an excess of the materials which form bone. John de la Somet, of Virginia, was a great smoker, and lived to be 130. Francis Confit, in Yorkshire, attained the age of 150, and was a great lover and consumer of fresh raw eggs. Henry Hastings lived to be 110, and was a great gourmand; he ate beef, oysters, game, pastry, &c., &c.; in fact he did nothing but eat, drink, and hunt to excess. Margaret Patten lived mostly on milk, and reached 137. William Sharply, of Roscommon County, Ireland, was regular in his habits and very abstemious, and died, aged 138. William Riddle,

of Selkirk, Scotland, attained the age of 116; his only drinks were brandy and good ale. Thomas Parr lived 152 years; he always preferred the plainest food. From these, and many other instances of longevity upon record, we find that a very great diversity of food and drink were chosen. Who then, can assert that man shall eat no flesh! or no vegetables! no bread! or lay down any exact regimen for people in health, when it is proved that people have attained to a good age on very dissimilar food? Eat what agrees with you, seems to be the best rule that we can arrive at. He who attempts to live in accordance with chemical speculations, will be very apt to forget one organ while he is administering to another; while he is feeding the brain with phosphorus, he might forget the iron for the blood; and while starving the bones and arteries to prevent ossification, he might overfeed with pigment, and turn his patient into a negro; and while he prescribes alcohol as a beverage, to supply the system with carbon, and because water contains the constituents of stone, gravel, and bone, he might lighten the system by taking away four-fifths of its natural substance. Chemistry never made a man! nor any other living being; neither can chemical theories support animal life. God gave us life, and God placed before us food to sustain that life! and instincts, appetites, tastes, stomachs, and the judgment founded on experience, to dictate our choice. When we require water, we thirst; when we require food, we are hungered; when we require rest, we are fatigued; when we require sleep, we dose; and when we require alcohol, tobacco, lime, phosphorus, or any other medicine, we are sick. Some, indeed much, discrimination is taught the sedentary by experience. It is quite obvious that a laborer requires more and heartier food than a delicate student.

Good fresh beef or mutton, either roasted or boiled, will digest in the stomach of a healthy person in three hours, while the same meats corned and boiled, require four hours and fifteen minutes to digest. Recently salted pork eaten raw or stewed, will digest in three hours; the same fried, requires four hours and fifteen minutes; while fresh roast pork requires five hours and fifteen minutes. Some veal never digests; good, requires four hours and a half. Good fresh fish will digest in about two hours; rice in one hour; venison in one hour and three quarters; boiled milk in two hours; potatoes in two hours and a half; bread in three and a half hours; fresh raw oysters in about three hours; soft boiled eggs in three hours; domestic fowls in four hours; and game in four and a half hours. This knowledge may be of service to the invalid, to those troubled with indigestion, and the sedentary; but our stomachs differ almost as much as our characters. I therefore repeat, eat what you find agrees with you best. A variety is undoubtedly serviceable to the stomach and system generally, and to the palate grateful. It is very essential to our enjoyment of food, and to its perfect and speedy digestion, that we eat in a contented, calm, cheerful humor; if a man must eat in haste, or during any excitement, let him take but one-half the usual quantity, as his nerves, being otherwise engaged, will not attend to digestion.

Children require a restricted diet, as they do not feed by judgment, but by taste entirely. Your candy and patty-cake children are always puny, insignificant, and short lived. It is a general error in this abundant country, to spread our tables with food which is too concentrated, too rich. A certain amount of hard fare is absolutely necessary to a good digestion and to sound health; after a generous dinner, it would be well for every person to take a supper of

bran bread or corn cake, with one small dish of chocolate, and no butter; the morrow would bring a good appetite, light heart, and clear head.

Of course no precise regimen can be laid down in this work, which would be positively applicable to each individual case of consumption, or to him who is threatened with it; the author must, therefore, content himself with giving such general hints as will undoubtedly prove serviceable to every individual threatened with diseased lungs. Those who have given this subject any attention, and who possess the habit of philosophical inquiry, can enact rules for themselves, founded upon practical experience. The digestive organs vary with different constitutions; they are also subject to great changes of action, both morbid and healthy, so that articles of food which at one time are acceptable to the stomach, are, at another time loathsome and indigestible. There are, however, certain articles of food in common use which are positively injurious to people of consumptive habits; and, on the other hand, a large and sufficient variety is left to choose from, which are not only harmless, but which, in the opinions of many learned physicians, exercise specific and beneficial action upon the disease in question. We will enumerate some of the most objectionable dietary substances, without entering into any disquisition upon their specific action, and then subjoin a bill of fare for the invalid. Among the former are salted provisions, such as corned beef, pork, mutton, and salted fish; also pickled salmon, smoked or dried herrings, hams, sausages (Bologna and other kinds); roasted and stuffed dishes of all kinds; cabbage, pickles of every variety, cucumbers, unripe fruits; fresh, under-done, or heavy bread, pastry, soups; all stimulating drinks, as liquors, wines, ale, beer, coffee, &c., &c. The diet should be *light, full, and nutritious*; the object being to sustain the most vi-

gorous state of the system, avoiding, at the same time, the excitement of inflammatory action. The articles which will best subserve this end are, milk, rice, stale bread, good butter, broiled beefsteak, broiled mutton-chop, game, fresh fish, fresh oysters, soft boiled eggs, good Irish potatoes, tapioca, isinglass and Carrigreen jellies, oatmeal porridge or gruel, mush, ripe fruits, berries, iced cream, &c., &c.

CLOTHING.—A volume could be written upon this all important subject, and filled with material eminently worthy of the perusal of every individual of the human family. Errors in dress have been productive in all ages, in every country, and with every class of people, of a vast and incalculable amount of mischief. Few passions take a stronger hold of young minds than that for dress; but unfortunately more value is often placed upon its qualities of adornment, than upon its utility in guarding the person against the invasions of damp and cold. In the house, sufficient clothing should be worn to keep us from feeling cold: the feet especially should be well guarded; many people are sorely troubled with cold feet, even while sitting in the house, though every other part of the person may be sufficiently warm and comfortable. This is especially the case with those who suffer from throat and chest diseases. Scrupulous attention should be paid to dressing the feet for a walk on a damp or rainy day. On such occasions, it is necessary either to wear strong leather boots, or shoes with double soles, or to cover the light gaiter or slipper with overshoes. Every person of a consumptive constitution should wear flannel under their linen; it stimulates the skin, catches the insensible perspiration, and, in case of a slight exposure to a draft of air, puff of wind, or to a cold apartment, stairway or entry, it guards against taking cold.

Some medical writers contend that flannels

should not be worn in bed ; this somewhat depends upon established habit ; those who have been accustomed to their use at night, would find it difficult, and perhaps dangerous to leave them off ; people who sleep with the windows of their rooms open, need them, to guard against taking cold in cases of sudden atmospheric changes. We should not employ the same flannels for dress which we wear in bed ; drawers may perhaps be invariably dispensed with at night, except we wear them in strange beds for protection.

The Welsh flannels are most expensive, and without doubt the best, as they are less liable than others to shrink, and to become too thick, tight, and uncomfortable. Knit or woven elastic shirts and drawers are very objectionable, as they fit too tightly. Every article of clothing should fit loosely, so as to promote symmetry of person, circulation of air, free circulation of the blood, perfect action of all the muscles, and evaporation of the exhalations. Clothing should be scrupulously adapted to the season, to the weather and to the state of a person's health. With adolescents, a little maternal compulsion would often save a beautiful and accomplished daughter from an untimely loss of health, and from the consequent loss of an ornament of great price—beauty.

USE OF LIQUORS, &c.—Do not drink liquors, wines, ale, cider or beer as beverages. They will impair your appetite, vitiate your blood, destroy your liver, rot your lungs, injure your digestion, disease your kidneys, bloat your flesh, ruin your skin, excite your passions, empty your purse, break up your business, estrange your friends, take away your respectability, kill your intellect, deprave your heart, and metamorphose you into a *beast* ! Quick consumption closes the scene.

USE OF TEA AND COFFEE.—The author would not assume to have his opinions received as con-

clusive upon the subject of tea and coffee, but will volunteer his judgment on the subject. He considers water to be the only natural drink for man and all animals, and thinks that what is natural, is proper, and most conducive to health ; that all other drinks are artificial, and that their habitual use is injurious to the animal economy, and therefore will shorten life. He regards tea to be useful only as an occasional medicinal stimulant and restorative, but would allow coffee for travellers across prairies, through extended desert regions, and during long watches at sea ; under which circumstances regular and suitable tables are not always laid.

USE OF TOBACCO.—Tobacco is probably a native of tropical America ; it possesses the most powerful medicinal properties, being narcotic, emetic and diuretic. It contains also a principle called nicotin, after Nicot, the French ambassador to the court of Lisbon, who introduced the use of tobacco into France, in 1560. Nicotin is a virulent poison, a few drops of the concentrated solution being a fatal dose ; one drop will kill a dog, and one inhalation of its vapor will kill birds instantly. The plant was first used by the American Indians, who taught the vice to the Spaniards. Raleigh introduced it into England. Its use has spread to every country on the globe, and it is now the passion of millions. In moderation, some constitutions are apparently capable of resisting its injurious tendency, but many people are immediately taken ill by the most cautious attempts to learn to chew, smoke or snuff. It is sometimes necessary to use tobacco as a medicine, but it is an extremely dangerous one, and has caused many deaths, both by its internal and external administration.

Its habitual use often causes insanity, tremors, bodily, sexual and mental debility, emaciation, hysteria, palpitation of the heart, vertigo, faintness,

stupor, cancer of the mouth, constipation, apoplexy and tubercular consumption. It also enfeebles digestion, lessens the appetite, changes the taste, deranges the liver, destroys the teeth and gums, injures the voice and sight, excites an appetite for strong drinks, destroys the relish for plain food, and lays the foundation of diseases of the nervous system.

What rank should society and science give to a physician who would recommend a patient to learn to chew tobacco? they often do this, and as often themselves set the example. Often, in the lecture-rooms of our medical colleges, have I been obliged to ford floods of tobacco juice, in making my egress after a lecture. Not even sailors can compete with medical students, in the quantity of the infusion which they eject during a lecture on anatomy, especially when there is a subject on the table. They have an idea that tobacco overpowers the stench; it may do this, but for my part, I could better endure the stench of the dissecting room, than that of the foul weed. Smoking is perhaps not so injurious as chewing, snuffing or plugging the nostrils, as the burning of the tobacco dissipates, in a measure, its poisonous principles.

Its habitual use in any form, besides being an insupportable annoyance to ladies, children, and to many gentlemen, who chance to be in the atmosphere of the devotee, never benefits, but always injures every person, under all circumstances, and is emphatically beneath the noble animal who alone consumes the poisonous and disgusting drug.

**SLEEP, AND SLEEPING APARTMENTS.**—Seek rest and sleep at regular and seasonable hours. This is probably Hygeia's most imperative law; and its transgressors immediately suffer the pernicious consequences of their temerity. During the continuance of sleep, the brain is integrated, and the muscular

system is relaxed and gains contractile power. Circulation and respiration are retarded, affording repose to the organs of these apparatus; the digestive organs perform their functions more tardily, affording them proper restoration; perspiration is not so active, assimilation, nutrition, and consolidation are perfected; in other words, the nutritive particles contained in the blood which has been made during the day time, are deposited in the minute cells which have been emptied during the exertions of the day, constituting the waste of the system; in short, all the organs of animal life are renovated and adapted to renewed action. A man may live many days without food, but would die in a comparatively short time without sleep; and though fasting is often very serviceable to health, and often assists in combating disease, lack of regular sleep always injures us. Six or seven hours of uninterrupted sleep is far more beneficial than nine or ten hours of broken slumber. Singular peculiarities of constitution pertain respecting sleep; while many individuals absolutely require eight, and even nine and ten hours of repose, others are perfectly content with from three to four; and instances have been known of individuals who, throughout long lives, have only slept from one to two hours during the twenty-four. Boys dropped asleep amid the awful tumult and slaughter of the battle of the Nile; and fatigued soldiers have often been known to sleep amid the roaring of artillery. It is asserted that Napoleon and Frederick the Great of Prussia, gave but a short time to sleep, but that the former sometimes slept for a few moments in the field and on horseback, while his impassioned soldiers were winning his laurels in the midst of conflict. Sleeping rooms should be large, elevated, dry and well ventilated; but in such a manner that a current of air will not

pass directly upon the occupant. There should be two ventilators in every apartment: one near the floor, and the other near the ceiling; the latter, to let out the warm air and lighter impurities, and for the ingress of pure air; the former, to give egress to the carbonic acid gas exhaled from the lungs. This gas is about one and a half times the weight of atmospheric air; its specific gravity being 1.521, and consequently occupies the lower regions of the apartment.

The author thinks that people in health should never sleep in heated apartments; the air is not so pure and dense as in cold rooms, and consequently will not so perfectly ærate the blood, and restore the system to energy. Many *invalids*, however, from habit, or from the peculiar nature of their diseases, absolutely require heated sleeping rooms; and if the patient is confined to bed, a warm room is of course indispensable, not only to himself, but to the attendants. Young people should not occupy the same bed, or even the same chamber, with the aged or infirm; not only because aged and infirm people vitiate the atmosphere to a far greater extent than healthy young people do, but because they extract from the young their vital energy. Besides, the peculiar exhalation from very aged people, will, if habitually inhaled, destroy the firmest constitution of youth. I remember a case in point. A young lady of eighteen had occupied the same bed with her aged mother, continually, since she was three weeks old; her nervous system became shattered, and her general health very much impaired. She consulted me a few months since; and on making inquiries respecting her habits, &c., the above fact was elicited. I immediately ordered her a chamber and bed by herself, gave her proper remedies, advised bathing, suitable diet, air, exercise, and recreation, and had

the satisfaction of seeing her speedily restored to health.

Nothing is more injurious to health than the crowding of several people together in the same sleeping apartment. If two people occupy the same bed-chamber, they should select the largest at their command, use every possible means of cleanliness and free ventilation, and occupy separate beds. The practice of huddling several children together in the same bed, perhaps in a small room already over-tenanted by adults, cannot be too much deprecated. If five children occupy one bed-room, that room should be large, and contain five small beds, if possible. I have known forty boys to occupy one large dormitory in the Jefferson College, Louisiana, without ill consequence; but each boy occupied a separate bed, and there were no feathers in the apartment; one feather bed would have vitiated the air more than ten clean lads.

**BEDS.**—Sedentary people, people of delicate constitutions and valetudinarians cannot endure the pernicious influences of feather beds. It requires a fine, robust constitution to resist these influences. Feathers keep up an excessive insensible perspiration, render the body over susceptible to cold, prevent evaporation of the exhalations, keep the body in a bent position, relax and debilitate the whole system, and as they are frequently impure, they vitiate the air of the sleeping apartment. Husk beds, straw pallasses, and curled hair mattresses are free from these objections, and are in all respects preferable for every person, whether in sickness or in health. Instances are recorded of people who have been completely cured of consumptive symptoms, merely by exchanging their feather beds for hair mattresses. Many families, especially among the higher classes, who have learned these matters by experience, have

entirely discarded feathers from their houses; preferring hair even for their pillows. Bedsteads constructed with slats are far preferable to those with cords or sackings, as they are not so likely to bend from a horizontal position, and become uncomfortable and injurious, by keeping the person bent. Besides, they are easier cleaned and kept pure and free from vermin. Beds should be quite straight, and nearly horizontal, rising a little toward the head. Our heads should be but slightly elevated while we are in the recumbent position.

VARIOUS DISEASES.—Inflammations of the pulmonary organs undoubtedly exercise more influence than other febrile affections in producing the development of tubercles. Many eminent physicians have, however, advanced opinions entirely averse to this doctrine; the renowned Louis among the number. Some contend that tubercles always originate from inflammation acting upon the tubercular diathesis; but this position is not sustained by facts, as tubercles are sometimes present without any inflammation other than that caused by their own irritation. Of course there are diseases which are more than others prone to be followed by consumption; they are, scrofula, typhoid fever, scarlatina, measles, small-pox, bronchitis, pulmonary inflammations, female diseases and pleurisy. All diseases, however, tend to undermine the constitution, and exercise at least an indirect influence in favoring the development of consumption. It is dangerous, therefore, to neglect to seek immediate relief, from any and all morbid symptoms which may at any time attack us.

CROWDED ASSEMBLIES.—These should be studiously avoided by all consumptives, by all who have weak lungs, and by all who have weak throats. The experience of almost any invalid will corroborate the necessity of this injunction. The air of theatres,

museums, concert rooms, court rooms, ball rooms and lecture rooms, is vitiated to a greater or less extent by being breathed over and over, and exercises a pernicious influence upon the throat and pulmonary organs, and a stimulating or exciting effect upon the circulation, brain and rest of the nervous system. Besides, the person is apt to become over-heated, and on going out in the cold air, the pores are suddenly closed, and a cold is the result. Or it may be our fate—as often happens—to be seated in a draft of air, near an open door or an open or broken window; in either case, a severe cold would follow. Moreover, people sometimes dress very lightly to attend such places, and while there, sudden storms or changes in the temperature of the weather, often render it extremely dangerous for them to proceed home without additional clothing, overshoes, &c. These precautions, we are sorry to say, are seldom, or at least not sufficiently heeded.

THE MIND, &c.—One of the most distressing symptoms to which people of weak lungs or throats are liable, is nervousness; or, in other words, impatience, irritability, or irascibility. These often render them unfit to attend to any business, less agreeable companions, and extremely hard to please in the sick room. They are seldom aware of such changes in themselves, but are apt to impute the fault to others, and to accuse their nurses of stupidity and want of attention. It is well, perhaps, to speak of these peculiarities in this place, as the author presumes that invalids will receive the announcement more kindly from a medical adviser, who speaks of these things in general terms, and who does not wish to injure their feelings by personalities, than they would from their attendants. On the other hand, their friends and nurses must remember that they are ill, and that they require to be indulged.

It is absolutely necessary that people who are laboring under pulmonic affections, should have their minds easy, and at perfect liberty upon all subjects; to avoid grief, melancholy, anxiety, despondency, irascibility of temper and despair; and, on the other hand, by the assistance of their kind friends, to cultivate cheerfulness, contentment, hope, tranquillity, serenity, confidence, and pleasing contemplations.

These injunctions apply with equal force when we are in apparent health. Nearly all of us are familiar with the corroding effects of grief, anxiety, despondency, irritability, &c.; they cause gray hairs and premature appearance of age; they prey upon the physical man, and rapidly bring down his body to the couch of sickness and death. They are the diseases of the mind, and require to be ministered to with equal precision, and far more skill and philosophy than is commonly bestowed upon the ills of the body. The remedies for these diseases are to be found in the consoling religion of Christ, in an exalted and heroic philosophy, in the society of sympathetic and devoted friends, in sound digestion, and perfect bodily health.

DOSING WITH NOSTRUMS.—I am fully convinced, that all of the new and false systems of medicine, founded upon exploded notions or suppositions borrowed from the older medical writers, and set forth as new and original, which have been brought out from time to time, to degrade and disgrace their pretending inventors, perplex, annoy and grieve our regular faculty, and for a season deceive some portion of the people; together with the legion of patent nostrums, which are a shame to the human understanding, nothing but an injury to the unsuspecting and unenlightened who swallow them, perhaps a fortune, but a sure destruction to the moral nature, self-respect, and character of every man who makes

them, would be hurled in quick time into that oblivion which in the end so surely awaits them, if the legitimate profession themselves would but give over that relic of barbarism: namely, purposely keeping their patients in ignorance of the great and leading truths in medicine; ignorant of their diseases, the nature of those diseases, and of the remedies which they prescribe. If this knowledge were freely given at all times, it would enable the invalid at once to see the fallacy of resorting to quackery, and invariably lead him to the true succor. Formerly, physicians prepared and dispensed their own medicines; those were the days in which the science gained true dignity, kept the confidence of the community and really benefited the invalid. Now, a physician, to be called strictly regular in our larger towns and cities, is required by the weaker and less informed of our brethren, to write his prescriptions in medico-latin abbreviations, which the best non-medical linguist cannot decypher; this hieroglyphic shield, which the ignorant practitioner raises between himself and the scrutiny of his patient, is carried, possibly, to the conscientious and scientific druggist; but with equal probability to the vender of stale and adulterated drugs, whose boy, perhaps, compounds the placebo, which the patient takes in blind faith, and utter ignorance of his disease, the indications which the physician wishes to fulfill, and of the means which he employs. These are the evils which sometimes shake the faith of people in the regular faculty, build up new systems of practice, animate the loathsome empiric, and open a market for the innumerable patent preparations of the ignorant and unprincipled charlatan.

If my brethren of the regular school in medicine, would but unite their efforts for the suppression of quackery, upon a feasible and liberal set of principles, prepare and dispense their own medicines,

and teach their patients enough so that their own invaluable science and services could be properly understood and appreciated, five years would suffice to pronounce the doom of every newspaper and almanac nostrum, compose the requiem of quackery, and bury in merited oblivion every vestige of moth and canker, which now hangs a plastic incubus around the true science. Many non-medical people suppose that each disease has a specific; in other words, that there exists a medicine (if we could find it out, say they,) for each and every particular disease, and each morbid symptom. This mistake, so extensively believed, is also one of the great foundations of quackery and of quack preparations; each new pretender avowing and proclaiming to an astonished world! that *he* has (*at last*) discovered—by using and testing it in his own case—the great! sovereign! and *never failing* remedy for consumption, scrofula, dyspepsia, or what not; perhaps for all diseases, until we have offered hundreds of different and well avouched specifics for the same disease, or any disease; a circumstance quite sufficient in itself to show the absurdity of each and all such wicked pretensions. True, we have medicines which act more or less directly upon certain organs, *but there is not one positive known specific for any disease.*

Medicines operate by fulfilling certain indications which present in different cases of disease, or of diseased or abnormal action. These indications are contained in terms which embrace also the action of medicines: such as purgatives, emetics, expectorants, astringents, diuretics, diaphoretics, alteratives, tonics, stimulants, sedatives, &c., &c., up to a list of about thirty-five. There are many articles in the materia medica whose action is similar, and some which possess a double and even a tripple action; for instance, calomel, salts, rhubarb, jalap, senna and gamboge are all purgatives; while calomel is a

purgative, alterative and stimulant; rhubarb is a purgative and tonic; many other like instances can be given. Now the practice of medicine, in its truth and purity, consists not in adapting a particular medicine or specific to a particular disease, but in giving those medicines—when medicines are necessary—whose known action or actions will fulfill the particular indications in each individual case. There is another well known fact, which at once proves the utter fallacy of specifics; many of our most valuable medicines, which agree perfectly with most people, cannot be taken at all by some; many people cannot take opium, in any form, and calomel is sure destruction to some constitutions. What are we to do in such cases, with a long column of diseases, and a parallel column of specific remedies? If these facts are understood, they will at once convince the reader, that medicines do not act specifically, and that they *cure*, only by fulfilling certain indications. The doctrine of an universal remedy, or of giving one medicine for a long list of diseases, is shown to be equally fallacious.

In Europe, the medical colleges are—as they unquestionably should be—in the hands of government; the professors are appointed and paid by government, and no temptation is offered to the professors to smuggle students through their examinations and into the profession, half prepared; but students are forced to study until they can come in honorably, by right of law and knowledge. While in this country, our medical schools are private enterprises, owned, directed and governed by the very men who receive pay for the tickets, give the lectures, examine the students and confer the degrees. What student ever felt the influence of a trustee? thus, each set of professors, to recommend their own college to the student—who is glad, oftentimes, to get through and receive his diploma with as little

labor and preparation as possible—gives examinations, sometimes, which are a mere sham, and swell their graduating classes to the highest possible number. New York and Philadelphia, both contain several medical colleges, and, as the prosperity of each depends upon cash, received from students, the strife can only be realized by one who has availed himself of their still invaluable facilities for acquiring knowledge. For, as far as I am capacitated to judge, no medical teachers in the world surpass our own in the lecture-room. But, it is the clinical or bed-side instruction of Paris, which gives to that great metropolis and centre of the civilized world, unquestioned sovereignty in the medical field of instruction.

Nothing is more universal, and nothing more universally lamentable, than quackery in medicine. There is not a man nor a woman living who does not consider himself or herself perfectly competent to prescribe for many different pains, coughs, diseases, injuries, &c.; and not one in ten thousand of these natural doctors, or “doctors by experience,” can tell, in any case, whether a headache proceeds from a disordered stomach, lack of accustomed stimulus, fever, or inflammation of the brain; or whether a pain in the bowels is caused by flatulence or inflammation. If a person has taken less tea or coffee than usual for breakfast, he will be quite likely to get a headache, and, in such an instance, an ounce of brandy would probably cure. The same might result if the pain in the head proceeded from a disordered stomach; but if inflammation of the brain were present, the brandy would be likely to do irreparable mischief. So in pain in the bowels: if it proceeded from colic or flatulence, a glass of hot gin toddy might give immediate relief; but if inflammation in the bowels were developed, the probabilities in the case would be, that the gin would so aggravate the disease, as to

render recovery impossible. Likewise in cases of cough, every person will volunteer their prescriptions, whether he be milkman, lawyer, cobbler, statesman, judge, or tinker; each tells his experience in cough, and urges the patient to try his remedy. Now, the milkman's cough proceeded from dyspepsia, the lawyer's from a diseased liver, the cobbler's from inflammation of the lungs, the judge's from a disease of the heart, the statesman's from bronchitis, &c. But a case presents of cough from tubercles in the lungs. Now, is it not plain that neither the experience nor the remedy of either of the former would be applicable to the latter?

Medicines should never be taken at all except under the immediate direction of a regular physician. If people are not sufficiently ill to require a doctor, then they are not ill enough to require medicine; and if they are ill enough to require medicine, then they are ill enough to require a doctor to direct them what medicines to take. It is far better to take nothing at all, than to run the risk of taking a wrong medicine.

**HOT OR WARM WATER.**—The author frequently prescribes hot and warm baths, hot foot-baths and hot vapor-baths; but he is utterly opposed to warm bathing, washing in warm water, or bathing the feet in warm water, in all cases of consumption or of consumptive tendency, of bronchitis and sore throat; he has bestowed much attention upon the subject of bathing, and has never been able to gain any advantages for his consumptive patients by the employment of warm or hot water; on the contrary he has invariably found it to injure them. It is very debilitating, makes the patient delicate and extremely liable to take cold. See his remarks on cold water bathing.



Effeminacy.

HEREDITARY PREDISPOSITION.—Certainly, if several generations of one family have pursued that course of living which would engender the consumptive constitution, and while in this condition have become parents, the offspring of such succession would be liable to a hereditary predisposition to the same constitution, and to the same diseases which destroyed their ancestors. I believe that acquired, as well as natural peculiarities, may be transmitted to our children; and that, as generation succeeds to generation, and nation follows nation, in the mysterious course of succeeding ages, our passions, tastes, characters, and, above all, our constitutions, change

with our habits and modes of living. Even the human frame is subject to mutations of form. If several generations in succession, lace their waists, by-and-by small waists become natural; children are born with waists a little smaller, and, if this evil were persevered in, our posterity would have no need of corsets. I cannot think, however, that consumption is ever hereditary among the poor and hard-working, where both male and female labor together in the open air. It must be, then, that the same degenerating causes which bring consumption upon an individual, also bring it upon families and

their offspring. It is very plain, then, that to avoid hereditary consumption, families, having cause to fear such taint, have but to reverse the table, retrace their steps, and get back to a more primitive, simple, and laborious mode of living; entirely avoiding luxury, and that frightful despondency—so much indulged in—which the anticipation of getting consumption is so liable to cause. We often hear people say, “It is of no use for *me* to try to avoid consumption, for my mother and two sisters died with it—it is a family disease, and what is to come must come.” Nothing can be more erroneous and fatal, than this desponding and sophistical logic. It is not true—it is false; there is no unavoidable necessity in the case. By a radical change in the mode of life, such a person has nearly as good a chance of longevity—if he commences in season—as the most of us. In fact, delicate and susceptible people oftentimes attain to a remarkable age, from the circumstance of their possessing good sense, and hygienic knowledge; and the necessity of their practicing self-denial and submitting to a strict regimen.

EARLY MARRIAGES.—Very youthful marriages are destructive to longevity, courage, health, disposition, and intellect. The offspring of very young parents usually have extremely delicate constitutions, and are very liable to consumption. It is, therefore, quite unpardonable for parents to permit a mere youth or a mere child to marry. To the young, delicate and immature female, it is like the blast upon the bud; she withers, and if she chance to live through her early trials, and attain to the age of forty, at which age all the captivating and entrancing charms of her mind, heart, and person, should have attained their dazzling perfection, she will present the appearance of an aged matron, to command our commiseration, and, instead of turning our

heads and electrifying our nerves, claim the dutiful attention of the *passe* and the infirm.

In ancient Saxony, marriages were regulated by law, and the result was, that she brought into the field whole regiments of soldiers over seven feet high ; and strong, courageous, and enduring in proportion. Suits of armor are still preserved, in that country, which these giants wore in battle, some of which show that the wearer must have been eight feet high ; with them, consumption was unknown.

The proper age to marry, in this climate, is from eighteen to twenty for ladies, and from twenty-five to thirty for gentlemen. It is desirable to marry into a family noted for longevity, and free from hereditary diseases : as scrofula, consumption, diseases of the skin, cancer, insanity, &c., &c. It is quite against nature for the young to marry with the aged ; the feeble, the diseased, and the deformed in body, mind, or heart, should never marry ; it is a sin. Marriage, on the other hand, should not be deferred until the heart loses the elasticity, hope, and fervor of youth. The advanced in age, the disappointed, the indifferent, and the experienced in the wiles of the world, are not so capable of pure and disinterested love, as the young and unsophisticated ; besides, those whose characters are perfectly formed, will not bend and assimilate like youthful hearts.

REARING CHILDREN.—Parents should constantly bear in mind that idleness, luxury, restraint, confinement to close, warm rooms at home or at school, improper clothing, gross, rich, or stimulating diet, sending children to school too early, before the mind has sufficient strength, overtasking their intellectual powers, &c., &c., all tend to make their offspring diminutive, deformed, pale, effeminate, sniveling, puny, peevish, sick, insignificant, and short-lived.

Such children sometimes have painfully precocious minds, while children, but their prime of manhood or womanhood, is usually characterized by weakness and degeneracy. They are the subjects of scrofula, frequent colds, diarrhea, headache, dyspepsia, lassitude, throat diseases, and consumption. Children should have their liberty, should be permitted to roam and romp in the open air, unrestrained, for several hours daily. They should be frequently washed and bathed, clothed strictly to suit the season, and fed upon a light and nutritive diet; as milk, bread, rice, mush, potatoes, a small amount of tender, plainly-cooked beef or mutton, once a day, oatmeal cakes and porridge, bran bread, a little good butter, &c., &c., avoiding all rich and highly seasoned dishes; and, above all, pastry, cakes, hot, rich puddings, floating in butter, confectionery, tea, coffee, wine and ale, nuts and raisins. Children must have toys and playthings; they thrive upon amusements, and as they grow up, they should be trained to habits of industry, to labor, and useful employments; this is absolutely necessary for the poor and middling-classes, who cannot afford to be sick, to enable them to obtain a livelihood; and still more so for the rich, to enable them to enjoy and become ornaments to the high privileges of wealth.

**TIGHT LACING.**—While the Chinese ladies distort their feet by means of iron shoes, and American Indians flatten their heads by pressure, American and other civilized people distort their waists by means of stays, belts, and tight clothing. Thus, the children of civilization commit more violent outrages upon health and symmetry, than do their barbarous brethern. If the reader will refer to the accompanying plates, he will notice the effect of stays in contracting and ruining a woman's waist. Figure 1, copied from the *Venus at Florence*, represents a

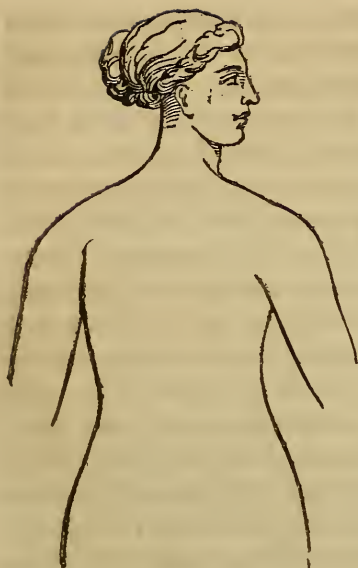


FIGURE 1.

The Venus; her waist is natural, and the beau ideal of symmetry.

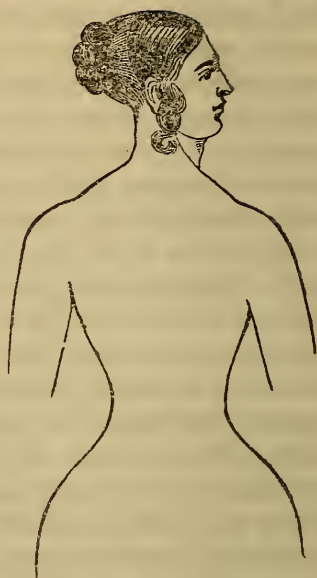


FIGURE 2.

A deformity; the beau ideal of *modern* beauty. Her lungs, heart and abdominal viscera are dislocated.

natural and symmetrical female form; while figure 2, represents a modern deformity, the fruits of tight lacing. It must be remembered that the ribs are quite flexible, and therefore freely admit of contraction by artificial means, and that the cavity of the chest is proportionably diminished in capacity. It will not be hard to convince the reader, that, when these changes have been achieved, the lungs are jammed, cramped and fettered, and the heart is pushed from its normal position. Loaded with fetters, the lungs cannot be fully inflated on inspiration, as there is not sufficient room for the expansion of the air cells; the circulation and æration of the blood are impeded, congestions, thickening of the cell walls, and consequent debility and disease are the woful results.

Tight lacing, or the undue compression of the waist and chest by tight clothing, is a frequent cause of cancer of the breast, displacements of the liver, lungs, heart, stomach, abdominal and pelvic viscera, &c. ; of spinal curviture, indigestion, ruin of the complexion, deformity, and of the destruction of real beauty, grace and symmetry.

CLIMATE.—It has been the practice heretofore, to recommend consumptives to go to a warm climate, under the impression or hope, that a mild, or bland atmosphere, would prolong life, or effect cures when medical treatment had failed. It seems to be questionable whether such advice is always judicious ; for, many cases can be instanced, to show that a high northern position, where the air is clear, cold and condensed, has been very beneficial to the consumptive, and has even cured many seemingly hopeless cases. Dr. McPhail, a distinguished surgeon in the United States army, related to me the case of an American soldier, which came under his notice and care ; he had contracted consumption while serving in Florida, and was, to all appearances, past hope ; but, on removing to the northern frontier, he rapidly recovered, and returned to the ranks. The West India Islands have been much frequented by invalids from the United States ; and, in cases of throat disease, bronchitis, &c., I think oftentimes with great advantage. But in cases of true consumption, it would seem that a dry, condensed, tonic air would be preferable, for the reason that consumption is characterized by debility, and this debility arises from the diminished quantity of air consumed by the lungs ; a state of things which seems to call for a stronger, condensed, and more nutritive atmosphere ; hence many consumptives who go South immediately sink and perish. But this is a subject upon which it would, perhaps, be injudicious to attempt

the institution of unchangeable rules. It is exceedingly uncomfortable for any invalid, that is to say, if he is in a measure helpless, to be away from home, and the care and society of friends ; sea voyages particularly, are worse than any disease to many people ; nevertheless, I think them extremely beneficial, sometimes, in bronchitis. In summer, mountainous regions, a little below the fog stratum, probably afford the most healthy and agreeable resorts for consumptives, and those who have weak throats.

Temperate climates seem to favor the development of the consumptive diathesis, rather more than does the frigid or tropical. The climates of Old and New England, being harsh and changeable, are proverbially bad. It is remarked in England, that in the northern and eastern counties of that island, consumption is more prevalent than in the southern and western. This is probably owing to the harsh, damp winds which blow over these sections from the north-east. The worst possible climate for a consumptive, is that in which his disease originated ; hence, changes are frequently of great advantage. The direction of the journey should depend upon the season. If it is to be for the winter, the patient might perhaps go South ; if for the summer, North. The spring of the year is undoubtedly the most propitious season for a voyage to Europe ; and the autumn, for a voyage to the West Indies.

**MORBID EXCITEMENT.**—At the present day, all classes of society are running wild to obtain some strange excitement, something out of the ordinary course of things, something new ! something to gloat over, and be astonished at ! something to captivate the eye or ear, feed the morbid appetite, or entrance the morbid senses, in some way. This has brought society to its present unnatural and artificial acme, and

stamped the wrinkle brand of death upon the fevered brows of millions. This state is termed civilization and refinement ! The true term would be, sickly artificiality ; a state favorable to nervous sensibility, but extremely averse to sanity, either of body or mind—destructive to true happiness, and which renders longevity a fable of other days. “ What will people think ? ” The passion concealed in this question, rules more people than all the laws of God and the nations ; say four-fifths of the civilized world ; the other fifth live by pampering to morbid appetites. These things have been the curse and downfall of all nations, and will yet bring the present leading nations of the earth to the fate of Rome, Babylon, Israel, &c. They have brought man one thousand death-dealing diseases, which many, in vanity and wickedness, unjustly impute to God. HE made us perfect, in his own immortal likeness !

By morbid desire we fell ; by this same desire we are sinking lower and lower. God has chastened us, and even sent his own Son, to teach us how to draw near unto himself, and grow in that grace which alone leads to the happiness we so much covet. In return for this condescension and mercy, we nailed the Offspring of the eternal Vortex to the tree, and ignominiously slew him. Should we not fear that He will soon give us over, and that our sins and follies will render man extinct, and some future race exhume our bones from rocks and deep strata, as fossils of a strange animal, which inhabited the earth when sin was here ? This death is upon us ; the blood which circulates in our bodies is fast receding from its accustomed channels, and concentrating upon the brain and sensitive organs in a morbid flood ; leaving the vital organs and extremities unnourished. Debility of these organs follow, diseases result ; they enumerate, and will lead to the extinction of the civilized nations.

The sources from which we derive morbid excitement are present to every man's understanding and conscience. Let men think over their secret and besetting sins, their ruling passions, their moving incentives, and they will find that some of the follies or vices which I shall presently enumerate, compose a *vis a tergo*, which is hurrying them on to debility, disorganization, disease, and death.

The first source of this morbid excitement which I shall remind the reader of, is the preaching and hearing of fiery, electrifying, sulphur-bolt sermons; a kind of artillery, gotten up to pamper morbid tastes, throw people into a kind of trance, and frighten the sensitive and nervous into a fold, into which we should rather be led by the silken cords of heavenly persuasion. People will flock to and crowd a church where the best music is to be heard, or where the preacher entertains his auditors with novelty, eloquence, or ranting; or where he harrows the soul with frightful chasms and precipices, across which God's wrath is pictured to roll in mountains of flame and smoke, ready to receive the unbending sinner, who, at that moment, is poised, and tottering upon the very brink! A few stragglers only surround the man of God, who takes the great Model for his guide and repeats, "Blessed are the pure in heart, for they shall see God."

Novel reading is doubtless also one of the principal sources of morbid excitement for the young; the other evils attending it are, waste of time, distaste and neglect of useful books and employments, aspiration to become a hero or heroine, and live over just such scenes; having respect and admiration for lofty characters only; and despising plain, common-place people and things; giving one a false estimate of the world, and leading him or her to think themselves fitted to be just such characters; encouraging the

printing and vending of trash; exciting passions, which should remain dormant, like the seed in the pyramid; and erecting impure and false standards, dressed in enticing colors, which the young will often imitate, and which leads to ruin.

I shall not fatigue the reader with details, but give him more heads or causes of morbid excitement, and leave him to fill them out in accordance with his own observation and experience. Balls, theatres, the turf, gambling rooms, politics, prima donnas, money-making, knockings, biology, astrology, court trials, gallantry, &c., &c.

## PART FOURTH.

HOW CAN IT BE ASCERTAINED WITH CERTAINTY AND PRECISION, THAT A PERSON HAS, OR HAS NOT CONSUMPTION, OR WHAT HIS DISEASE REALLY IS ?\*

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AUSCULTATION, assisted by percussion and mensuration, reveals to the well-trained and experienced physician, the physical signs connected with the different diseases of the chest. These signs, when taken in connection with the history and symptoms of the case, enable him to define with great certainty the precise location and character of those diseases. The lungs of a person in health, give, during respiration, sounds which are termed normal, or natural. In disease, they give abnormal, or pathological, or unnatural sounds. These sounds afford to the physician an ample field for study. He must study them until—like a musician—his ear is practiced. In diagnosing or detecting the tuberculous or scrofulous constitution, antecedent to the actual and apparent development of tubercle in the lungs, auscultation and percussion are, of course, not applicable; this state must be detected by induction alone. Thus, if a patient's father, mother, brothers and sisters have all died of consumption, the inductive conclusion is,

\* It is not expected that the non-medical reader will peruse the answer to this question with much interest, as it is quite technical, and the author does not deem it desirable to insert the terms employed, in the glossary. The author refers those who wish to study this subject, to his work on Auscultation and Percussion.

that he, too, has the germ of the fell destroyer planted in his bosom. For the benefit of those who are particularly interested in this subject, the physical signs of consumption, in its different stages; of bronchitis, pneumonia, and heart diseases—as revealed by auscultation and percussion—are subjoined.

The lungs, in their normal or healthy condition, give, on percussion, a clear sound over every part of the chest, except in the regions of the heart and liver, where it is dull. Auscultation of the respiration, gives two sounds, one belonging to inspiration, which is the stronger, and the other belonging to expiration, which is the weaker. These sounds are equally audible over both sides of the chest, but are heard more distinctly in the superior than in the inferior regions. Auscultation of the voice and cough, gives the natural pectoral fremitus, natural bronchophony, and natural pectoriloquy.

In the *first stage* of consumption, we have, on percussion, dullness, on or under the clavicles. On auscultation of the respiration, we have a diminution of the duration of inspiration, and an augmentation of the duration and intensity of expiration. Occasionally, the pulmonary crumpling sound of Fournet, and *bruit de craquement pulmonaire* (a dry crackling râle.) Auscultation of the voice, gives an increased resonance at the apex of the lung.

In the *second stage*, percussion gives us a marked dullness under the clavicles, and extending also below them. Auscultation of the respiration, gives a diminution of duration and intensity of the inspiratory murmur, augmentation of intensity and duration of the expiratory murmur, bronchial respiration with humid crackling râle, succeeded by mucous râle in the upper lobes, puerile respiration in the lower lobes, and sounds of the heart audible under the

clavicles. Auscultation of the voice and cough, gives bronchophony and bronchial cough, and a diminution of the natural vibration of the voice.

*Third Stage.* Percussion gives a dull sound, if the cavity is small, and the contiguous portions of the lungs tuberculated. But if the cavity is large and empty, the sound is generally tympanitic. Occasionally, there is *bruit de pot fêlé* (sound of a cracked jar.) Auscultation of the respiration, gives *gargouillement* (a gurgling or cavernous râle,) which is equally marked during inspiration and expiration, cavernous respiration, amphoric respiration, *tintement métallique* (metallic tinkling) occasionally. Auscultation of the voice and cough gives pectoriloquy, occasionally *tintement métallique* and cavernous cough.

In acute bronchitis, the sound upon percussion is normal, unless there is pulmonary congestion, when it is slightly dull. In these cases the dullness is most marked upon the lower and posterior parts of the chest. Auscultation of the respiration gives, on inspiration, a subcrepitant râle, and a mucous râle in the advanced stage, accompanying inspiration and expiration. In the early stage, sonorous and sibilous râles accompanying both inspiration and expiration. Sometimes the respiratory murmur is increased in intensity, sometimes diminished, and sometimes it is partially extinct. Auscultation of the voice and cough, reveals no reliable evidence in any form of bronchitis.

In chronic bronchitis, percussion gives sounds very similar to those elicited in acute bronchitis. Auscultation of the respiration shows the respiratory murmurs generally more feeble than natural, and always accompanied by a mucous, sibilous, or sonorous râle, and sometimes by a sub-crepitant râle.

In pneumonia (inflammation of the lungs,) in the first stage, percussion reveals a slightly dull sound. Auscultation of the respiration, shows the respiratory murmurs diminished—sometimes quite absent. There is a crepitant râle which is heard only in inspiration. Puerile respiration, says Dr. Stokes, precedes the crepitant râle.

In the second and third stages of pneumonia, percussion reveals a dull sound over the site of the inflammation. Auscultation of the respiration reveals bronchial respiration, and absence of the respiratory murmurs and of the crepitant râle; in the third stage, the muco-crepitant râle. In the healthy part of the lung, we have puerile or supplementary respiration.

DISEASES OF THE HEART.—To become accomplished in detecting the diseases of the heart, the physician or student must first study the chest and heart in a normal state, which will enable him the more readily to detect pathological variations. The first sound of the heart is heard during the contraction or systole of the ventricles, and is in unison with the pulsation of the arteries; it is heard plainest under the fifth rib, and is the most dull, and the stronger of the two sounds. The second sound occurs during the diastole of the ventricles, and is clearest and is heard plainest under the third rib. The region of the chest which is rendered dull on percussion, by the heart, is about three fingers broad, extending from the third to the sixth rib. In commencing an examination of the heart, we first look at the chest, and observe whether it is symmetrical or *bombé* (arched) over the heart, indicating enlargement of that organ. The beatings of the heart are next to be examined by the eye, next by the hand, and finally by the ear. The pulsation of the arteries must be examined at the wrist. The heart may be

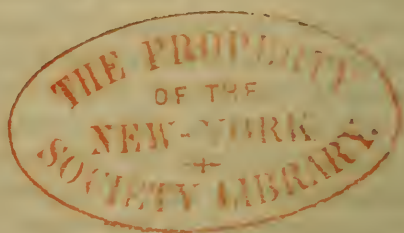
found pushed from its normal location, and its beatings, instead of being heard in their proper places, may be heard under the sternum, or even on the right side. The first or second sound of the heart may have a *souffle* (bellows' murmur) and this *souffle* may be heard by the intervention of the stethoscope, in the aorta and carotid arteries.

It would be utterly inadvisable to discuss this subject at any length in a work of this description, intended as it is, principally for the non-medical reader; but if, by the author's remarks, he succeeds in inducing a few only of the profession, to study and become proficient in this all important branch of medical knowledge, he will not have written in vain. He will content himself with subjoining the physical signs—as revealed by auscultation—of a few diseases of the heart.

CONTRACTION OF THE AORTIC SEMILUNAR VALVES. Auscultation reveals *bruit de souffle* at the *first* sound of the heart, which is heard at its *base*; it is also heard in the aorta and in the carotid.

CONTRACTION OF THE MITRAL OR LEFT AURICULO-VENTRICULAR OPENING.—Auscultation reveals *bruit de souffle* at the *first* sound, which is heard at the *point* of the heart.

DILITATION.—Pulse weak, slow and irregular; beatings of the heart heard all over the chest, their impulse also weak, slow and irregular. There is a more extensive dullness on percussion.



## PART FIFTH.

HOW, OR BY WHAT MEANS, CAN PULMONARY CONSUMPTION BE CURED?

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By means of a full and rigid administration of the great laws of hygiene or health, applied to diet, air, exercise, bathing, clothing, mental employment and the regulation of all the habits already laid down as preventives;

By the use of mechanical remedies to restore lost symmetry, inflate the lungs, expand the chest, and support the abdomen and lungs;

By the direct inhalation or breathing of medicinal agents in powder, vapor and gases into the lungs, by means of inhalers and otherwise;

By means of medicated baths, which are varied to render them applicable to different constitutions.

And by the employment of suitable and long-established medicines, addressed to the constitution; to correct the tubercular and scrofulous diathesis, cleanse the blood, purify the system, and regulate digestion, nutrition, assimilation, absorption, secretion, &c., &c. This, this is the way to *cure* consumption! while the treatment at present employed by most physicians in this terrible disease, is avowedly and in fact, only *palliative*. The symptoms merely, are prescribed for; thus for cough, opiates, nausians, and expectorants are administered; for debility, tonics; for constipation, aper-

ents; for night-sweats, acids; and so on through the multitudinous list of symptoms. The disease, however, progresses surely and almost invariably toward the sad event which consigns the unfortunate patient to his tomb. How and why is this? Why is not the *curative* treatment instituted? Plainly because, with the great mass of the profession, no true, sound, rational and philosophical principles at present pertain, respecting this scourge of the human family, upon which they are able to institute a radical mode of treatment. Many medical gentlemen at once unite in condemning and blasting—if possible—the reputation and prospects of any member of the profession, who presumes, in violation of the sacred edicts of the faculty, to entertain for one moment, the treasonable thought, that consumption can be cured.

Unlearned and unprincipled adventurers in medical science, take advantage of this self-asserted incapacity of most physicians to treat consumption successfully, and foist upon the credulous and unwary invalid, some *one*, perhaps *several*, of the innumerable empirical nostrums which they invent, and which are recommended (in shame I confess it,) by many gentlemen who have honorably and legitimately attained the title of Doctor in Medicine; and by some manoeuvre, these men obtain certificates, which purport to be signed by people who have been cured of consumption, “after some ten or twelve of the regular faculty had given the patient up.” The extraordinary facilities which the art of printing, in its present perfected state, affords these men of spreading far and wide their unprincipled pretensions and unblushing falsehoods, is a secret of their wonderful success in making vast fortunes, at the expense of the sick, the distressed, and the unsuspecting.

In this way precious time is lost, the favorable moment for successful treatment passes away, the

patient's disease alarmingly progresses, he loses hope, his friends despair, and his chance of recovery is materially lessened, even under the proper treatment.

The great mass of the profession have heretofore proclaimed consumption to be forever incurable ; thus at least seeking to shield their own incompetence. Their proclamations of course convinces us that, in *their* practice, the assertion is too true ; long arrays of gloomy epitaphs, in every churchyard, are also their witnesses. And because *they* fail, they would wish to consider failure inevitable. But the present is an age in which the huge black seal of superstition, which has long been fastened upon the fountains of knowledge, is being broken and scattered before the bright car of science and discovery, which enlightens every dark corner in the regions of ignorance ; and, aspirations and projects which were, in ages past, considered to be only fanciful and chimerical, are now the common and indispensable servants of that mind which God, throughout creation, declares to be forever progressive.

Beware, then, of those physicians who invariably pronounce the doom of death upon all consumptives. With them there is, by their own avowal, no retribution. I would have you equally beware of those who tell you that consumption is as curable as any fever ; that they cure eight out of ten cases of true consumption ; and that they can cure consumption even when the lungs are extensively destroyed by tubercles and ulceration. The last professions have not even the merit of the first, for they are unmitigated and unprincipled mendacity and deceit. The first are *truth* ! as far as those who proclaim them are concerned. But, reader, our profession boasts of names which are world-renowned and illustrious—bright stars in medicine. Stokes, Wood, Louis, Laennec, Lugol, and Broussais, comprise authority

to which all who have read their works bow in reverence. *They* tell us that consumption can be cured, *is* cured, and that *they* have cured it. Let *their* words, then, be *our* motto, and let us press onward in those discoveries which are daily throwing new light upon, and giving us new powers over this terrific disease.

After a long and laborious investigation of this subject, and much experience in the treatment of lung diseases, the author has been irresistibly led to the following conviction, in regard to the curability of consumption with our present knowledge. Up to a certain point or stage in the disease, he firmly and confidently believes it to be eminently curable; but if the disease has progressed so far as to interfere essentially with the respiration and the perfect arterialization of the blood, the case becomes more complicated, and a cure is far more difficult; in his belief, extremely doubtful; although it is an undeniable truth, that cures of advanced cases have been made, as has been proved by post mortem examinations of individuals in whose lungs large cicatrices or scars were found, these individuals having died, at advanced ages, of other diseases. The case of the late Dr. Joseph Parrish, of Philadelphia, is familiar to all.

Since the above was written, I have seen so many cases get well which my judgment and previous experience would have pronounced incurable, that I now do not despair of curing any case, unless a complication of extremely unfavorable circumstances seems to render it absolutely impossible. In truth, my experience and practice have taught me that consumption is indeed a curable disease! I would fain have confidence to pronounce any and every case, no matter of how long standing—no matter what the extent of its ravages, to be easily and perfectly cura-

ble! But this, alas, is impossible; in this, as in other diseases, I would say to consumptives, do not, because your case seems to be a bad one, or because physicians or others have pronounced you incurable, despair of being cured, under the treatment which I have indicated in this part of my book; which treatment has saved hundreds from falling into consumption, cured a vast number who were in the first stages, and restored many to health and happiness, who seemed to be on the very precincts of the grave. By despair all is lost; by a firm and prayerful determination, and God's blessing, the goal maybe won.

Even if I were to admit that popular but fatal error—namely, the incurability of consumption, which, to my dying hour, will I proclaim to be an error, and labor to prove it such, still would I deprecate the equally popular and more fatal medication of those gentlemen who doctor their patients against principle and against hope.

Dissections and careful examinations of individuals who have died suddenly, or by violence, are every day proving that at least four-fifths of the human family have more or less tubercular deposit in the lungs and other parts of the system, even when nothing of the kind is suspected, and when there is no great apparent reason to infer that the individuals thus effected are in ill health. For the proof of this position we have, among other authority, that of M. Boudet, who has given the French Academy of Sciences the result of his extended and laborious investigations of this subject. Out of 332 cases of individuals examined by that gentleman, who had been accidentally killed, or who had died of various diseases, no less than 264 had either tubercles or scars across the lungs, or remains of caverns which had puckered together and healed. My own observation justifies me in the assertion, however startling it may seem, that scarcely a person in the civilized part of

the world attains to the age of forty-five, without having had, at some period of their lives, tubercles in their lungs; or, in other words, true tubercular consumption, and that they have been cured of it, perhaps, several times. It is only when the disease gets full control over the recuperative powers of the system, that its symptoms become so apparent and its ravages so dreadful.

Many facts can be adduced to substantiate the truth of my position, besides those already alluded to; and one is, that many individuals have been known to be in consumption for forty years, and finally to perish of it; others have a cough for twenty, thirty, and even fifty years, and at last die of confirmed consumption. Who can doubt the presence of tubercles in such cases? Indeed, auscultation often reveals their presence when neither the patient nor his friends suspect the lungs to be effected. (How natural it is for a mean, untutored mind, to disparage and sneer at scientific achievements, which it cannot comprehend or profit by! Let those ignorant pretenders in the art of healing, who decry auscultation, percussion, &c., wear the garment).

I am of the opinion that tubercles are present in the lungs during all debilitated states of the body, from whatever cause induced, and during the prevalence of most diseases, and that they are gradually re-absorbed during convalescence and the accessions of robust health. M. M. Rogee thinks that spontaneous cures of tubercle have occurred in one-half of all who have lived till forty. Thus, it may be seen that consumption is just as curable as any other disease, except, of course, in its advanced stages; and even then just as curable as any other case which has become desperate from long continuance, neglect, and improper treatment.

I am frequently asked for a more explicit answer than the above constitutes to the question of the cu-

rability of certain cases. Now, the treatment which I adopt is either *curative* or *palliative*; depending upon the symptoms, physical signs, general health, habits, age, family, constitution, temperament, &c., &c., of each case. If I am consulted in a case of consumption, in which I find absence of hereditary taint, absence of the strumous diathesis, absence of the signs of cavities, only slight emaciation, calmness of the pulse, but slight hectic, no atrophy, or puerile respiration, the digestive organs and larynx healthy, expectoration free, the disease to have supervened upon bronchitis or inflammation of the lungs, and the patient in easy circumstances, so that he can attend to his health, and the disease recent, I always prognosticate favorably, and adopt at once the *curative treatment*. I do not wish the reader to understand that I look for all of the above favorable circumstances to be combined in one case, to justify my hopes and exertions to cure. They are all of great value; and, by weighing well the favorable and the unfavorable symptoms, physical signs and circumstances, with my former experience in similar cases, I am able to determine whether I can put my patient upon the use of *curative* means with reasonable hopes of success. I regret to say that, perhaps, one of the most difficult circumstances which I have to contend with, in treating cases of consumption and bronchitis, is the want of sufficient interest on the part of patients to induce them to persevere in the use of remedies. I refer to curable cases. Alas! the unfortunate, who are beyond the reach of remedies, and doomed irrevocably to the couch of everlasting rest, are full of hope, patient attention, and faith, and can scarcely be made to believe the fate which so surely awaits them.

Every tubercle has undoubtedly a tendency toward health. If, therefore, a treatment be insti-

tuted at an early period, which will prevent a further deposit of tubercles, the disease is at once arrested ; it can have no progress. The tubercles previously deposited will become absorbed, or replaced by calcareous matter, (as has been shown by dissections,) and a perfect cure, and perfect health must follow. The urgent necessity of seeking proper medical aid at the very commencement of the disease, will be apparent to every one. People are too prone, upon the first appearance of symptoms of consumption, to procrastinate, or indulge in the dangerous delusion, that their disease is not pulmonary consumption.

*The first step toward an invalid's cure, is to ascertain with certainty and precision WHAT the disease is.*

If a patient has diseased lungs, or symptoms of consumption, or fears consumption, he should immediately have his lungs examined by means of auscultation assisted by percussion, &c. ; and this should be done by a physician well skilled and practiced in these sciences, so as to ascertain positively and precisely, whether the lungs are affected, and if they are found to be so, to ascertain definitely what the disease is, and exactly how far it has progressed. He should also give his physician a faithful history of his case and a complete account of his symptoms. These advantages, together with a perfect knowledge of the true nature or pathology of this class of diseases, will enable the skillful and experienced practitioner, to institute a rational, scientific, and confidential mode of treatment. Without these indispensable pre-requisites, all is darkness, uncertainty, and confusion ; and the treatment in all cases, productive of a vast deal more of mischief and injury to the patient, than would result from permitting the disease to pursue its own course,

without attempting the institution of any curative means whatever. Utterly vain, then, and forever hopeless must be the practice of every physician in chest and throat diseases, who is not capacitated to found his treatment upon correct information respecting his patient's malady; which can only be obtained with certainty through the medium of auscultation, percussion, mensuration and pulsation.

It is deeply to be regretted, that in this country, the opportunities for medical students to obtain a knowledge of the indispensable sciences of auscultation and percussion, are so limited. In our medical institutions these subjects are utterly neglected; or merely glanced at in such a slight and desultory manner, that the great mass of graduates, so far from being proficient and accomplished in these two sciences, (which require more time and study for their mastery, than music and astronomy,) that instances are not wanting, of their being unable even to give the definitions of the two terms. Few physicians attempt the study of sciences which they did not commence upon while students at college; and hence it is, that not one doctor in ten, or perhaps in ten hundred, can bring auscultation and percussion to his assistance in practice. Invalids, therefore, should be exceedingly cautious whom they trust; and on no account place confidence in the opinion and statements of any physician, upon these subjects, unless he is well known to be specially qualified perfectly to examine the lungs and other organs by means of these sciences. No physician likes to assert or confess his incompetency upon any branch of medical science. Is it strange, then, that the ignorant will sometimes attempt to hide their incapacity by affecting to understand and practice auscultation and percussion? If the mischief arising from such deception fell upon him only who prac-

tices it, perhaps there would not be so much cause for regret ; but, may not the health and perhaps the life of the victimised invalid be thereby criminally put in jeopardy ?

The next step should be, to examine the heart and the circulation, the stomach and rest of the alimentary canal, the liver, form of the chest, position in sitting, walking and sleeping ; the situation and size of the patient's sleeping apartment, kind of bed he sleeps upon, his age, profession, habits, diet, peculiarity of constitution ; to ascertain whether he has latent scrofula, any form of skin disease, or any malady whatever. The patient's complexion, the color of his hair, eyes, &c., &c., must also be taken into consideration. The examination ended, and the diagnosis made, the physician has a basis upon which to commence his treatment, which will not lead him into error. Hundreds of patients die annually of bronchitis, inflammation of the lungs, heart diseases, &c., &c., whose diseases are pronounced to be consumption. This is the result of ignorance, on the part of their medical advisers, of auscultation and percussion.

Of course no precise rules can be laid down for domestic practice in cases of consumption, as no two cases agree exactly in their pathology, and no two patients have the same peculiarities of constitution, and no two ever contracted disease from precisely the same causes. Every direction which is given in the third part of this work on the prevention of consumption, is applicable in its treatment, under certain circumstances. The design of the treatment is, to prevent the further deposit of tubercles, and to hasten the absorption of those already deposited. The consumptive should change his employment ; the greatest benefit results from this course. If possible, he should change his residence for a while,

even though he does not remove further than from one to six miles. He must give up all anxiety respecting his occupation, or any matter which troubles his mind. He should have a cheerful home, lively society, recreation, and pleasant employment; and should especially avoid all undue excitement.

The patient must not trust to domestic remedies; nor rely for one moment upon the counsels which some friendly non-medical adviser may volunteer to give, for how can it be expected that such a person can perfectly understand the case, and adapt the proper remedies? Neither should he trust himself in the hands of empirics, nor in the hands of *ignorant* doctors; but apply at once to some physician in whom he can place implicit confidence, on account of his known intelligence upon the class of diseases upon which we are treating, and upon his general character as a scientific and skillful physician.

It requires the exercise of a great deal of intellect on the part of the patient, and a perfect coöperation with his physician, to effect a cure of even incipient consumption. The patient should, as far as possible, resign all exciting or fatiguing business, and devote every thought and all his energy to the attainment of the one great end. I would say to all consumptive patients, never remain in the house in the day time when the weather is pleasant and you are able to go out; spend as much time as possible in the open air, and take all the active exercise which your strength will permit.

The author has found it impossible to treat consumption successfully, without the employment of proper mechanical remedies; these must, of course, be precisely adapted to each individual case. Among those which he employs, are visceral or abdominal supporters, breathing or atmospheric inhaling tubes, and shoulder braces. In almost every case of con-

sumption, there are concomitant symptoms which can be relieved in no other way. The author found these instruments extensively employed in France, Belgium, Holland, and other continental countries, and was the daily witness of their beneficial influence. It will be well to repeat, that all medicines and all curative means should be commenced upon, and continued, under the immediate direction and supervision of the regular medical practitioner; as no list of remedies could be enumerated—however clear the directions might be which should accompany them—from which a non-medical person could possibly make selections, which would positively answer the indications, and be in every way applicable to the patient's case; and, for these very obvious reasons, I refrain from giving formulæ for medicines; confident in the opinion, that vast and irreparable injury has accrued to countless numbers of invalids, who from various reasons have attempted to become their own doctors. The invalid must always bear in mind, that medicines which will suit the constitution and cure one person, will not answer in all cases, but that different constitutions require different medical treatment. The different stages of the same disease also require diversified medication. Very little medicine is absolutely requisite, but that which is given, must be of the right kind, and most perfectly adapted, not only to the precise disease, but to the precise stage of the disease. It is appalling to reflect upon the vast numbers of consumptives who have been *dosed* to their graves, by ignorant and careless practitioners. The day is fast approaching, when physicians will devote themselves entirely to one class of diseases, and labor to become proficient each in his own particular branch, rather than, as at the present day, attempt the mastery of a field which is sufficiently ample to employ the study and genius of at least ten giant minds.

SUMMARY OF THE COURSE WHICH I PURSUE IN CASES OF CONSUMPTION.—If, upon a strict examination of the chest, by the means already stated, I find that my patient has true tubercular consumption, and is beyond the power of medical science — as all must die sometime,—I hold it to be a sacred duty — unless I am desired to refrain from telling the patient his situation — immediately to state the case as I find it. But if, in my judgment, the case is curable, I think it is the patient's privilege to hope that God will bless the means employed and restore him, as others have been restored. I encourage my patient; if his employment is sedentary, I advise a change; I advise all consumptives, never to be found in the house when the weather and their strength will permit them to be out; I regulate the diet, adapting it to each case. The supporter, shoulder brace, and tube, I prescribe to all, where no complications of disease forbid their employment. I adapt medicines to each case, some to be taken by the mouth, others to be breathed in directly upon the lungs, and others to be absorbed into the system from medical baths. I prescribe suitable counter irritation, poultices, &c., upon the chest, and a great deal of friction to the whole person. I interdict all morbid excitement. I find out what causes have conspired to throw my patient into consumption; I stop those influences and reverse the picture, leading the sick man back, by the assistance of proper medicines, through the natural channels of hygiene, to that vigorous and healthful action of the organs of vitality, which alone can throw off disease.

PULMONARY INHALATION.—This mode of administering medicines consists simply of the inhalation or breathing of remedies either in the form of finely pulverized powders, which are diluted with inert substances; or of vapors or gases variously

modified, and which pass directly into the air passages and lungs. It seems to me that this mode of applying remedies which are intended to act directly upon diseases of the lining membrane of the throat, bronchial tubes and lungs, must commend itself to the philosophic judgment and favor of every person with whose special favorite object or interest it does not happen to conflict. It forms at once the most powerful and effective means at our command for dissipating tubercle, allaying inflammations, and of holding diseases of the lungs and throat in check, until by constitutional remedies we can correct the consumptive state of the constitution. It is one of the happiest hits in modern therapeutics; and I am fully convinced from my success in this mode of medication, that it must soon be universally adopted, and that it forms—in connection with means already noticed—the only rational and effective treatment of consumption. I employ in this way various medicinal substances which I adapt with scrupulous precision to individual cases. I use the sulphate of zinc, one grain to thirty of the *lycopodium clavatum*. The sulphate of copper, one grain to thirty of the *lycopodium clavatum*. The sub-nitrate of bismuth, pure, the nitrate of silver, half a grain to thirty of sugar, and the acetate of lead, one grain to six of sugar. I also employ iodine in various forms; tar, chlorine, oxygen, prussic acid, camphor, hydro-sulphate of ammonia, ether, conium, &c., &c. The author is desirous of instructing the unfortunate invalid in as much as he can practice with safety, himself, which applies to the laws of health discussed under the third question in this work. But he has already given it as his opinion, that patients who require medicines, should, in all cases, avail themselves of the adapting knowledge and judgment of the regular and scientific

physician; as the advantages of doctering one's self are always uncertain, doubtful; to say nothing of the *danger* of dabbling in what one does not understand. Every person can get along best at the business he has been brought up to, and it is not economy to attempt to practice those arts which it requires so many years to become master of. I understand the dread which people have of exorbitant charges, and also the fear of deception and knavery, but these are with certainty avoided, by placing confidence only in regular and respectable physicians. I have given considerable attention to the construction of suitable inhalers, both for the inhalation of dry substances and vapors. I esteem those which I furnish to my patients to be perfect in their way.

I subjoin a few formulæ and directions for generating chlorine, &c., &c.

#### CONVENIENT MODES OF GENERATING CHLORINE.

|                                      |       |
|--------------------------------------|-------|
| Take Pulv. Peroxide of Manganese . . | 3iss. |
| “ Chloride of Sodium . . .           | 3ij.  |
| “ Acid Sulph. . . . .                | 3vi.  |

Mix the peroxide of manganese and chloride of sodium in a glass dish, pour the sulphuric acid upon the mixture, and the chlorine gas will immediately begin to generate. Chlorine gas requires to be very much diluted with atmospheric air to render it eligible for inhalation; a convenient apartment must therefore be selected, the windows raised, and the vessel from which the gas is evolved, placed upon the hearth or upon the floor in the centre of the room. The apartment should be as nearly empty as is convenient, as the gas would be likely to corrode gilded furniture, and to tarnish tapestry. As soon as the apartment is thus prepared, the patient may enter and walk the floor for five or six minutes. This gas should not be inhaled oftener than two or three times a week. The same general directions are applicable in the inhalation of chlorine, whatever may be the mode employed to generate it.

|                                          |      |
|------------------------------------------|------|
| Or take Pulv. Peroxide of Manganese, . . | 3ij. |
| “ Commercial Muriatic Acid, . . .        | 3i.  |

Put the peroxide of manganese into an earthen dish and set the dish into boiling water so that it will float, then pour the muriatic acid upon the manganese; and in a few moments the gas will commence generating. The peroxide of manganese decomposes the muriatic acid—which is a solution of chloride of hydrogen gas in water—the hydrogen of the muriatic acid combines with the oxygen of the peroxyde of manganese to form the deutochloride of manganese, which by the moderate heat is completely resolved into protochloride and free *chlorine*.

OR TO EVOLVE THE GAS SLOWLY BUT CONSTANTLY,

Take Chloride of Lime  $\text{℥iv}$ .

Place it in an earthen vessel, and pour upon it half a pint of water, stir the mixture so that the chloride of lime may be diffused through the water; then suspend a viol of sulphuric acid with a small aperture cut in the cork so as to allow the acid to escape drop by drop directly upon the chloride of lime and water. The acid takes the lime forming the sulphate of lime—*gypsum-plaster of paris*—and the *chlorine* is set free. This mode I consider the best, and safest.

**TAR INHALATION.**—Place an earthenware vessel containing two or three ounces of tar, and one dram of the subcarbonate of potass over a spirit lamp in a convenient room; as soon as the tar boils the fumes will mix with the air of the room, which may be inhaled for about twenty minutes.

**IODINE INHALATION.**—

Take Iodine and Iodide of Potassium, of each 6 grains.

“ Distilled Water heated to  $125^{\circ}$  F.  $5\frac{3}{4}$  ounces.

“ Alcohol 2 drams.

Mix.

Take of this solution from one to six drams; (commence with one) and add to it 30 or 40 drops of the saturated tincture of conium; place the whole in the inhaler and inhale for 20, 30 or 40 minutes. The inhaler should be immersed in water of the temperature of  $130^{\circ}$  F. during the inhalation; otherwise the fumes of the iodine and conium would not be thrown off in sufficient quantities, as the temperature of the liquid in the inhaler would sink below that required to generate them. In confirmed consumption, it is best to begin with half a dram of the solution of iodine, and 10 drops of the tincture of conium, and repeat the inhalation three times daily. Each case demands the adapting judgment of the medical practitioner.

TREATMENT OF SYMPTOMS.—The author does not doctor the *symptoms* of consumption much ; still, it is sometimes necessary, to check profuse perspiration and diarrhea, to allay cough, relieve pain, and attend to other distressing symptoms. He will, therefore, subjoin a few remarks upon these topics.

COUGH.—This is usually the first, most common, and an exceedingly distressing symptom. It would be improper to check it entirely, it being an effort of nature to eject foreign matter from the lungs and bronchiæ ; but it sometimes prevails when nothing is expectorated, and only fatigues and distresses the patient. It also causes irritation in the throat, soreness in the chest, and prevents sleep, and may be relieved by suitable cough mixtures. I employ mixtures of wild cherry, salts of morphiæ, squills, mucilage, and demulcents.

EXPECTORATION.—When it proceeds from softening tubercle, or from the secretion of pus, it should not be checked ; but when it proceeds from a highly vascular and irritated mucous membrane, it may be regulated by ammoniacum.

HEMORRHAGE.—When slight, needs no attention ; it often relieves congestion ; but, if it is alarming, the patient can take salt into the mouth and swallow it as fast as possible, not waiting for it to dissolve ; turpentine, acetate of lead, kino and tannin, combined with a small portion of ipecac, are also useful in hemorrhage.

PAIN IN THE CHEST.—Slight pains are soon relieved by the application of a suitable counter-irritant liniment ; nothing more is requisite or proper. But if the pain is caused by tubercle, or perforation of the pleura, it is proper to apply cups, friction, or dry cups.

NIGHT SWEATS.—They are very distressing and

exhausting, and require special attention. The indications are, to stimulate the skin, increase the tone of the muscles, and impart vigor to the system. The former indication is fulfilled by friction over the whole person, sponging with allum and warm brandy, vinegar, alcohol, whisky, &c., and the hot bath; rendered exciting by the addition of mustard, alcohol, or salt. The latter, by the use of tonics; the aromatic sulphuric acid, ten drops to a wine-glass of water, three or four times daily, is, perhaps, the best internal remedy in such cases. Cold bathing and friction are very valuable auxiliaries. The internal administration of astringents has been recommended, but I do not approve the practice.

FREQUENT PULSE.—In attempting to throw off the disease, nature quickens the action of her forces; it may, therefore, be questioned, whether it is good practice to diminish the increased action of the heart, whereby nature is doing her utmost to hasten the circulation of the blood through the lungs, to get it purified, and charged with vitality, and then to convey it through the morbid tissues of the body. If she should get immoderate and over-excited in her endeavors, she might cause an injurious reaction, and must then be controlled. For this purpose, wild cherry bark, digitalis, and black snake root, are the best adapted.

DIARRHEA.—This is an exceedingly important symptom, but one which does not usually occur until the disease is far advanced. A milk diet, with a little lime water added, when the patient's strength will permit it, should be instituted. Nitrate of silver, acetate of lead and opium, with a small portion of ipecacuanha, are the best medicines that can be employed.

DEBILITY.—The best mode of relieving *all* of the *symptoms* of consumption is, to institute that course

of treatment which will eradicate the disease; remove the cause, and its effects will disappear, as a consequence. All of the laws of hygiene, including dietetics, are applicable to the treatment of debility. Suitable mineral and vegetable tonics can be employed as coadjutants.

There are other symptoms which the author does not deem it advisable to prescribe for in this place; they are cessation of menstruation, delirium, nervousness, falling of the hair, emaciation, difficulty of breathing, hectic, &c., &c.

# DISEASES OF THE THROAT,

OR

## AIR PASSAGES, &c.

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ENLARGED TONSILS.—By chronic irritation or inflammation, frequent colds and acute inflammations, the tonsils—especially in scrofulous children and adults—become hypertrophied, (thickened or enlarged)—and if this state of things is permitted to go on for some time, the voice becomes husky or hoarse, the patient will experience great difficulty in swallowing, and when he takes cold will croak and wheeze excessively.

*Treatment.*—Scarrifications, and applications of strong astringent solutions, applications of the nitrate of silver in substance or in solution ; tincture of iodine, &c. All of these measures failing, the ligature or knife must be resorted to, and the enlarged tonsils removed. Acute inflammations of the tonsils frequently result in suppuration ; the disease is then called quinsy.

ELONGATED UVULA.—The uvula, by many called the palate, is a small rounded process, hanging from the middle of the soft palate. From frequent inflammations caused mostly by colds, there is often a fibrinous infiltration into the cellular tissue of this organ, by which it is gradually elongated, causing,

in many instances, nearly all of the symptoms—except the physical—of consumption; as cough, quick pulse, hectic, purulent and bloody expectoration, and emaciation. In some cases it causes frequent nausea, vomiting, and true pulmonary consumption.

*Treatment.*—Astringent and stimulating gargles and caustic applications, with constitutional remedies, will in slight and recent cases often restore the organ to its proper dimensions; but if the case is of long standing, the uvula becomes permanently thickened and elongated, and it is then beyond the control of these remedies, and must be excised—*cut off*.

This is an extremely simple operation, and entirely unattended with danger, subsequent inconvenience or injury to the voice, and should by no means be delayed, on account of the mischievous and dangerous consequences which are sure to follow, if the enlarged and indurated organ is suffered to remain.

LARYNGITIS.—*Cynanche Laryngea*.—The larynx—as it is defined in the glossary—is the top of the windpipe, including the organs of voice. The larynx is also called the vocal box; it is endowed with the most exquisite sensibility, and with a very complicated and curious muscular apparatus, which is set in motion in speaking and singing. Laryngitis consists of an inflammation of the parts composing that organ, especially of the mucous covering of the laryngeal cartilages and epiglottis. This inflammation frequently extends to the posterior fauces, the velum palati, and tonsils, and may be either acute or chronic. If it is acute, it is termed acute laryngitis; if chronic, chronic laryngitis.

*Acute Laryngitis.*—*Symptoms.* The patient complains of sore throat, he is restless and anxious, the velum, uvula, and fauces generally, are quite red, there is a difficulty of deglutition—swallowing—diffi-

culty of breathing, hoarseness, loss of voice, the face is flushed, the skin hot and dry, and the pulse hard. If relief is not obtained the patient soon becomes strangled and dies.

*Treatment.*—Early bleeding; counter-irritation on the sternum, purging, cupping the back of the neck, and in the advanced stages a surgical operation are the means which were formerly, and are still to a great extent relied upon in this terrible disease.

*Chronic Laryngitis.*—The larynx is very liable to chronic inflammation, ulceration, thickening of the membrane, and death of its cartilages. Consumptive patients are peculiarly liable to these forms of disease.

*Symptoms.*—The symptoms of chronic laryngitis are, hoarseness, loss of voice, cough, and many of the melancholy symptoms of consumption.

*Treatment.*—Topical applications of the solution of nitrate of silver and iodine, gargles, nitrate of silver in powder, mixed with pulverized sugar, counter-irritants, regulation of the stomach and liver, and a long list of simple remedies addressed to the general health, are among the most valuable means at our command in this inveterate disease. All of the preventive means recommended in the third part of this work are also indispensable to its successful treatment.

TRACHITIS. — *Croup.* — *Cynanche Trachealis.* — The trachea or windpipe is the canal through which the air moves in its passage to and from the lungs. It is composed of rings of fibro-cartilage, fibrous membrane, mucous membrane, glands, and muscular fibres. Its upper part is called the larynx; from the larynx it extends down as far as the fourth or fifth vertebræ of the back, where it divides into two branches, which are the right and left bronchial tubes. Inflammations of the mucous lining of this tube are

termed *trachitis*, *croup*, *cynanche*, *trachealis*. The croup of children usually attacks them between the third and thirteenth year; one attack greatly enhances the liability of its recurrence. It commences with cough, sneezing, hoarseness, and other symptoms of a cold. It is often attended with spasms of the muscles of the trachea and larynx, and the formation of a pseudo or false membrane. It is a very dangerous disease, and is frequently fatal in a very short space of time. The treatment should be prompt, decisive, and energetic. The remedy relied upon by the best authorities of the present day, is large and repeated doses of calomel, of which as much as five or six grains are given at once to quite young children, and repeated every two or three hours, until there is a discharge of bilious matter, the criterion of its having taken effect; emetics, bleeding, blisters, and rubefacients are also employed with decided advantage. If these means fail, and suffocation follows, an operation termed tracheotomy is necessary. Washington died of *cynanche trachealis*.

*The Chronic Form.*—The trachea is frequently the seat of chronic inflammation, which may have originated in the bronchial tubes, and thence extend upwards to that organ; or in the larynx, and extended downwards; or it may originate in the trachea itself. The trachea is more or less involved in chronic inflammations of the bronchial tubes and larynx.

This form of the disease requires pretty much the same treatment as chronic bronchitis.

CLERGYMAN'S SORE THROAT.—This is thought, by many of the profession, to be a disease of recent origin, and peculiar to the clergy; but its attacks are entirely indiscriminate. Much has been written to establish its identity, and to prove it to be a disease of the glandular follicles of the mucous membrane, rather than of the membrane itself; in short, to es-

tablish for it a separate name—follicular laryngitis. Its seat is in the back part of the mouth and larynx; it may consist of simple inflammation or ulceration, or of tubercular deposition. It seldom exists alone, but is consecutive to laryngitis, bronchitis, &c. The disease is characterized by absence of cough, hoarseness, weakness of the voice, weariness in the throat, and an increased secretion of mucus.

The nitrate of silver, directly applied, has been represented to be a specific in this disease; but experience has shown that it is not so; it is a palliative, and, in moderation, a useful application. But, to establish a lasting cure, it is necessary to correct those vices of the constitution and habits of life which brought on the difficulty. They are the same which bring on consumption, and, therefore, do not require to be repeated here. Clergymen are very sedentary, often dyspeptic and costive, weak, delicate, and nervous, subjected to the inhalation of much impure air, to great anxiety and excitement, and to laborious mental and attentive duties, quite enough to render them liable to a host of maladies, and especially to throat diseases. The treatment of this disease is plain, straightforward and easy, and although it baffles the skill of those who attempt to drug it to death, still it is easily and perfectly cured by proper treatment. Many suffer with it for years, take medicine enough to supply an army during a campaign, and grow worse all the time. It has been my fortune to treat a vast many cases, and I can say with confidence, that I do not know a more curable or manageable disease.

CATARRH.—*A common Cold.*—Catarrh is not properly a disease, but the term is used to designate an increased flow of mucus, caused by a slightly increased vascularity and afflux of fluids to a mucus membrane. It is commonly the result of a cold,

brought on by sudden atmospheric changes or exposure. Catarrh always accompanies slight inflammations of the mucous linings of the air passages, nostrils, posterior nares, or any part of the passage from the nose to the mouth, and is present in measles, fevers, small-pox, worms, and dentition. When confined to the head or nostrils, it is termed coryza. If confined to the larynx, it constitutes laryngitis; if to the trachea, trachitis; to the bronchial tubes, bronchitis; to the intestines, diarrhea, &c. No question is more frequently asked in winter than, "What will cure a cold?" The answer is—always take it in time, fast upon dry bread, rice, and black tea, for one day; use gentle purgations; take a pill of opium at night, and a sudorific—something to excite a perspiration—a copious draught of hot chamomile or horehound tea, is quite an appropriate one. Sometimes colds are epidemic; they are then called influenza. When catarrh becomes chronic, the above treatment will not suffice. Topical applications of the nitrate of silver, and, in many cases, other and varied direct applications are necessary, in connection with alterative and other constitutional remedies. Robust health, attainable by temperance, long continued exercise in the open air, bathing, and attention to other laws already spoken of, will most effectually protect the system against colds.

BRONCHITIS.—The author considers this term applicable to every case of inflammation of the mucous membrane lining the bronchial tubes, without reference to grade or locality, notwithstanding the restriction which some authors place upon it, making it applicable to the higher grades of inflammation only. A reference to the anatomical plate accompanying the article on anatomy and physiology, will enable the general reader to distinguish the precise location of bronchitis. The disease is often complicated with

laryngitis, trachitis, pulmonary tubercle, pleurisy, congestion and inflammation of the lungs, pulmonary cancer, or morbid dilatation of the tube itself. Great care is necessary on the part of the practitioner to enable him to distinguish between dilatation of the bronchiæ and a vomica—cavity in the lung.

*Causes.*—Cold is without doubt the most frequent cause of bronchitis, particularly when applied to some one part of the body, as the feet, or back of the neck; inhalation of irritating powders, heated air, acrid gases or vapors, epidemic influence, &c. It sometimes attends whooping-cough, asthma, measles, typhoid fever, and scarlet fever.

*Symptoms.*—It usually commences with symptoms of a common cold, either in the nostrils or in the throat, hoarseness, cough, expectoration, slight soreness in the chest, sore throat, quick pulse, headache, furred tongue, and other symptoms of fever; and as the disease proceeds, expectoration of a transparent ropy mucus, mixed sometimes with blood; the expectoration subsequently becomes opaque and white, and finally yellow or greenish.

*Treatment.*—In the acute form, bleeding, saline cathartics, antimonials, counter-irritation, vegetable or farinaceous diet, and demulcent drinks, as infusion of slippery elm, solution of gum arabic, and flaxseed tea.

In the chronic form, great patience, perseverance, and attention, are requisite to effect a cure, as the disease is sometimes inveterate, and endures for years, defying treatment. J. H., Esq., having suffered for five years with chronic bronchitis, and having during that time been under the care of several eminent physicians, and tried many modes of treatment, is now cured; snatched, under Providence, from despair and the grave. In giving the treatment for this form of bronchitis, it will suffice to

refer to that which the author adopted in the case of J. H., and which he has found equally successful in other cases. In the first place, he prevailed upon him to follow exactly every direction which is laid down in the third part of this work, for the prevention of consumption, improvement of the general health, &c.; employed counter-irritants, shoulder-braces, inhalations and the inhaling tube; but gave very little medicine, and that only to meet certain indications. The author thinks it absolutely impossible, to cure chronic bronchitis with drugs alone; the strictest regimen is necessary. Of course, there are indications in each case which require suitable medicines, but medication without regimen, will not avail in this obstinate malady.

**COMMON OR INCIPIENT SORE THROAT.**—This complaint is so common, and its causes so well understood, that much need not be said to enlighten the reader upon the subject. Women are more exempt from throat diseases than men, as they wear much less covering about the neck, which becomes, like the face, capable of resisting inclemencies and vicissitudes of the weather.

*Causes.*—Wet or damp feet, colds, deranged stomach, &c.

The symptoms are known to all.

*Treatment.*—The treatment which the author prescribes for this affection, and which he has found to cure readily in most cases, is the following: he orders a light, farinaceous diet, a simple gargle of alum and water, or of cayenne pepper and water; to take half an ounce of the sulphate of magnesia on going to bed, and to employ a wet towel bound round the neck, on retiring, which is to be worn all night. Cold bathing, and strict attention to other hygienic measures, will effectually fortify every person against its attacks.

## ASTHMA.

THIS is a paroxysmal disease, characterized by difficulty of breathing, and accompanied by wheezing, constriction of the chest, and cough; and terminates generally in expectoration. It most frequently attacks the aged; infancy and youth being comparatively exempt. The paroxysms usually come on in the night. The disease is supposed by most writers to consist of a morbid dilatation of the air cells of the lungs or emphysema of the lungs. The pneumogastric nerve, and the muscles of the larynx are without doubt frequently implicated. Not less than twelve kinds of asthma are minutely described by nosologists. It is to be treated by venesection—in plethoric cases—and by narcotics, antispasmodics and diaphoretics. The lobelia inflata, given in the form of a saturated tincture of the leaves, in doses of from 3ss. to ʒij., is the most effectual remedy known to the profession at the present day. No disease calls for stricter hygienic regulations; I refer to temperance in diet, regular exercise, regular sleep, residence in a salubrious locality, &c., &c.

## HEART DISEASES.

To the great mass of mankind, the diseases of this organ are obscure, and must ever remain so. They are also a great stumbling block to many physicians. The only modes of detecting them with certainty, is by means of auscultation, pulsation, inspection, and percussion ; which have already been enlarged upon in the fourth part of this volume. The diseases of the heart are not to be reached by domestic remedies ; patients, therefore, laboring under these affections, must seek the counsel of the skillful, experienced, and scientific physician. Diseases of this organ are very dangerous, and were formerly considered uniformly fatal. There are certain morbid conditions of the system which induce them, but which are entirely curable, if treated properly and in season. Diseases of the heart were formerly thought to be rare, but they are now known to be very common.

## PNEUMONIA.

THE term pneumonia is now universally applied to that disease of the lungs, which consists merely of inflammation of their spongy texture or parenchyma. It is likely to be confounded with phthisis, bronchitis, pleurisy, or pulmonary œdema. It is a very dangerous disease; least dangerous in children, more so in middle life, and extremely so in the aged.

*Causes.*—Sudden exposure to cold, when the person is in a perspiration, vicissitudes of the weather, excessive speaking or singing, violence, drunkenness, and the suppression of habitual discharges. It sometimes occurs after great surgical operations, and frequently accompanies small pox, erysipelas, rheumatism, gout, and other diseases.

*Symptoms.*—The expectoration or sputum, is viscid and of a rusty tinge, (this may be set down as a pathognomonic symptom,) cough, difficulty of breathing, shivering, pain in the chest, and fever.

*Treatment.*—Bleeding is universally resorted to, and should be followed by a thorough evacuation of the bowels, by means of calomel and jalap, or the compound cathartic pill, or the infusion of senna with the sulphate of magnesia. Recourse must be had to expectorants, mucilaginous drinks, anodynes, &c. Antimonium tartarizatum, in large and often repeated doses, is considered by many eminent practitioners to be almost a specific in pneumonia. Others place entire reliance upon the mild chloride of mercury. Blisters are of very doubtful advantage; a repetition of the general bleeding, and the topical extraction of blood, by means of cups, is good practice. The disease is far too grave and energetic to be managed by domestic treatment.

PLEURISY.—SYN.—*Pleuritis*.

AN inflammation of the pleura—delicate membrane lining the cavity of the chest and investing the lungs—it may be either acute or chronic. It chiefly attacks those of a vigorous constitution and plethoric habit. It is caused by colds, principally, but may be occasioned by any cause which gives rise to inflammations in other parts of the system.

*Symptoms*.—Acute pain in the side, which is increased by a full inspiration, flushed face, short breath, hot skin, rigors, fever, difficulty of lying upon the affected side, hard, strong, frequent and vibrating pulse, nausea and cough. If blood is drawn, it exhibits the buffy coat.

*Treatment*.—Large and repeated bleedings from the arm, leeches or cupping glasses over the seat of pain, blisters, purgatives, diaphoretics, and a perfect antiphlogistic regimen.

*The Chronic Form*—principally attacks the aged and dissipated; it is usually fatal, bronchitis generally supervening to assist in the destruction of the patient; the symptoms are very obscure. Leeching and counter-irritation forms the most suitable treatment. Adhesions of the pleura to the walls of the chest, thickening of the pleura, hydrothorax, or water in the cavity of the chest, &c., &c., are likely to follow either form of the disease.

## PRESERVATION AND IMPROVEMENT OF THE VOICE.

THE author is frequently consulted by gentlemen belonging to the various professions, which require them to speak in public, by teachers, singers, auctioneers, &c.; some wishing to recover the use of their voices, and others wishing to strengthen and improve them. Not every Swede, nor every beautiful maid of Erin, nor every Anglo-American, can have the voice of the nightingale; but all voices are susceptible of vast improvement, whether they are natural, or much impaired by disease. The best mode of improving a healthy, natural voice, is by exercising it properly after good models; to improve the symmetry of the neck and chest, by wearing shoulder braces, and using an inhaling tube; by gymnastics, and vigorous exercise in the open air. The best mode of preserving the voice, is not to exercise it inordinately; to give it sufficient rest, to avoid the inhalation of all impure air, mist and fogs, dust and gases; to have singing and speaking apartments well ventilated; to pay particular attention to the teeth; to fortify the throat and bronchiæ against colds and hoarseness, by cold bathing and friction; in short, to keep the whole system in perfect health.

LOSS OF VOICE.—This affection often results from sudden colds, and in such cases is generally soon cured by mild laxatives, hot foot-baths and copious draughts of the infusion of hoarhound on going to bed. When it results from chronic laryngitis or protracted colds, it is much more difficult to cure, and often entirely silences the patient for weeks, and

even months. Sometimes it is occasioned by lead poison; it must then be treated by the proto-chloride of hydrargyrum, by stimulating gargles, and topical applications; as a solution of the nitrate of silver, to the internal surface of the larynx, as practiced by M. Trousseau. These measures are also applicable in all cases where the loss or modification of the voice is dependent upon debility of the muscles of the larynx. The voice should never be used—in singing or speaking in public—immediately after eating. Many public speakers contract the ungraceful habit of drinking, or wetting the throat while speaking; this injures the voice. Some public singers have codes upon diet, with strict reference to the quality of their voices; these are applicable, just so far as they recommend abstinence from stimulating food and drinks, and moderation in the quantity of healthy food to be taken. Tobacco-chewing, snuff-taking, and smoking, materially injure the voice. Sometimes strong and sudden emotions, as of joy, fright, and anger, will entirely suspend it; in such cases, it will return upon a resumption of the equilibrium of the nervous system. The voice is very much injured by frequent and neglected colds, tonsillitis, lengthened uvula, laryngitis, trachitis, bronchitis, consumption, constipation, falling of the bowels, a bent position, immoderate venery, dissipation, &c., &c.

## CONSTIPATION.

SYN.—*Costiveness.—Irregular Bowels.*

FROM mechanical impediment, diminished contractility, or susceptibility of the muscular coatings of the intestines, to the usual alvine stimuli, or a deficiency of these stimuli, from habit, &c. ; the stools often become less frequent or less in quantity than in health.

*Symptoms.*—In the author's opinion, every person in health, has at least one passage from the bowels every twenty-four hours, and consequently people who habitually go a longer time, suffer from constipation. To controvert this doctrine, instances are urged upon our notice, of people who are accustomed to but one passage every two, or three and even six days, and still are said to suffer no apparent disadvantage. A close scrutiny, however, into such cases, always detects consequent derangements. The evacuations may be quite regular in the period of their recurrence, and still entirely insufficient in quantity. The fæces are usually dry, hard and knotted into lumps, causing straining and painful distention of the anus at the stool. Not unfrequently the patient passes also a bloody mucus. The fæces are sometimes quite black, and sometimes of a light clay color. Flatulence, distention of the abdomen, colic pains, nausea and headache finish the list of common symptoms.

*Effects.*—These are legion ; among the most remarkable are irritation, inflammation, ulceration, and gangrene of the bowels, impediments to the

circulation, congestions, contamination of the blood, weakness of the intellect, heart diseases, throat diseases, bronchitis, CONSUMPTION, dyspepsia, drowsiness, depression of spirits, fever, vertigo, headache, difficulty of breathing, pains in the loins and limbs, liver and kidney diseases; stone in the bladder, flushed face, furred tongue, prolapsus of the anus, bleeding from the rectum, piles, fistula in ano, catarrh of the bladder, strangury, diarrhea, dysentery, colic, leucorrhœa, amenorrhœa, dysmenorrhœa, menorrhagia, falling of the bowels and consequent falling of the womb; foul breath, sick-headache, unpleasant exhalation from the skin, pimples on the face, opacity and discoloration of the skin, bleeding at the nose, paralysis, epilepsy, apoplexy, hysteria, melancholy and insanity, are first only, in the list of effects and diseases established by constipation. Some of these diseases often take an independent existence, and last long after the cause is removed.

*Treatment.*—Regular solicitations of nature at a stated hour, suitable exercise, change of air and scene, relaxation from study, bathing, and friction upon the skin, kneading of the bowels; regular habits, change and regulation of the diet, suitable medicines, and an abdominal supporter. By these means I have never found much difficulty in curing completely the most obstinate cases. In most instances I find that the use of the abdominal supporter alone, speedily accomplishes the object. If there is any one subject connected with health, which more than another requires the studious attention of mankind, and which is most of all neglected, it is that of CONSTIPATION OF THE BOWELS; probably the most fruitful of all causes of disease, especially in women. No consumptive need hope for an alleviation of symptoms, or a cure, who permits his system to suffer from the effects of constipation.

## DYSPEPSIA.

THIS is a very common disease ; it consists of indigestion, dependent upon chronic irritation, inflammation or atony of the stomach or the contiguous intestines. It is known by pain in the region of the stomach, directly after eating ; vomiting, acrid eructations, heartburn, pyrosis, want of appetite, transient distensions of the stomach, and sometimes costiveness or diarrhea. The nervous system is often much affected in dyspepsia ; thus we have headache, palpitations of the heart, dimness of vision, partial deafness and despondency.

People of sedentary habits are most subject to attacks of the disease, but it also frequently attacks from other causes than a sedentary life, as from colds, bad diet, fast eating, over eating, eating between meals, grief, &c. It may also attend organic affections, cancer, &c.

Perhaps no invalid suffers more or enjoys less than the confirmed dyspeptic. He awakes in the morning, not only unrefreshed and unrestored by sleep, but feeling infinitely worse than when he retired ; his whole system is deranged, and an universal feeling of misery is the consequence ; he is drowsy, fatigued and averse to rising. His tongue is covered with a thick, yellow or grayish coat, his mouth is dry and tastes disgustingly. After each meal he has pain, waterbrash, or acid eructations ; sometimes feels a little better and then much worse. He enjoys nothing ; neither the pleasures of the table, society nor amusements ; he has no refreshing sleep,

but is haunted by distressing dreams, and turns and tumbles about in his bed, vainly endeavoring to find rest. He feels as though he would give worlds for oblivion ; he is often tormented with the most diabolical desire to commit some gross outrage ; and, in short, he is utterly miserable.

The treatment consists in restoring tone to the affected organs, invigoration of the general system, obviating the causes, and relieving symptoms. For these indications, careful diet, regular exercise in the open air, rest, sleep at regular hours, attention to the bowels, bathing and friction are the most applicable. We must meet the atony by vegetable tonics, disordered secretion by mild mercurials, laxatives, and antacids ; and the inflammation by leeches, saline cathartics, and abstinence. I have devoted much attention to this disease, and am gratified in being able to cure it in a short time.

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## FEMALE DISEASES.

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Perfect symmetry and health.

It would not comport with the design of this work, for the author to write upon *all* of the diseases to which women are particularly liable ; he has therefore noticed those only which are the most common, and which tend most to destroy the general health, and thus assist in laying the foundation of consumption. The diseases noticed are mostly lesions of functions and vital lesions ; lesions of form, situation, devel-

opment, and reproduction are not referred to. Under the two former heads, the author classes hysteria, nymphomania, retention of the menses, change of life, hysteralgia, anaphrodisia, mastodynia, false pregnancy, inertia of the womb, chlorosis, hyperæmia, hydrometra, menorrhagia, physometra ; amenorrhœa, dysmenorrhœa, phlegmon, œdema, varix, cysts, fibrous and sanguine tumors of the labia, cry-

sipelas, prurigo, fungus of the nymphæ, ulcers and excrescences of the vulva; carcinoma of the clitoris and meatus urinarius, acute and chronic vaginitis, whites, uterine phlebitis, acute and chronic metritis; ulceration, excoriation, cancer, putrescence, dropsy, and softening of the womb; cancer of the breast, metrorrhagia, fibrous tumors, polypus, calculus, hydatids, sanguine and lymphatic concretions in the substance of the womb, scirrhus, or cancer; tumor and dropsy of the ovary. The above comprise only about one-fourth of the lesions incident to females, and the author presumes that the fatigue of going over the above lengthy fragment, will give sufficient distaste to induce his fair readers to join him in declaring, that the subject is quite too broad and elaborate for any but a medical mind. It is well for every lady to know all that she can find time to learn of herself, anatomically, physiologically, and pathologically; for which she is referred to the various text books which cluster in bright constellations about our science. My fair readers must not place too broad an interpretation upon these remarks. I refer, of course, only to such knowledge as is every day necessary in female hygiene. Our ideas of delicacy might be startled, were we to meet with a lady who knew *too much* of herself.

## FALLING OF THE WOMB.

SYN.—*Prolapsus Uteri*.—*Hysteroptosis*.

I HAVE made some remarks upon falling of the womb, in the chapter on Abdominal Supporters, but as I have broached the subject of female diseases, it will be expected that this frequent and afflicting malady will be spoken of in a separate article. Opinions of medical men are somewhat at variance upon the cause or causes of prolapsus uteri; some contend that it arises from loss of tone of the parts; others say that relaxation of the ligaments of the womb is the sole cause, while others contend that relaxation of the vagina alone is quite sufficient. M. Lisfranc thinks the disease or displacement is almost always produced by engorgement of the womb; in this opinion he is supported by many eminent medical writers. At least, *one* gentleman who has given the profession his incidental opinion, says, that prolapsus uteri is caused by a softening, loss of contractility, or relaxation of the pelvic muscles. The author thinks that relaxation of the abdominal muscles and consequent gravitation of the viscera, with relaxation of the peritoneal expansions, constitute, in the majority of cases, the principal causes of falling of the womb. There are, of course, besides these, predisposing and occasional causes; as frequent pregnancy, emaciation, abusus coitus, tumors upon the womb, an unnatural capacity of the pelvis or vagina, leucorrhœa, tight lacing, violent exertion, abortion, rising too soon after parturition, engorgement of the uterus, &c., &c.

*Treatment.*—The first indication is, replacement of the organ; the second, to keep it in its proper position. For the fulfillment of the first indication, the lady must rely upon the manipulations of her physician or nurse. The abdominal supporter should be immediately adjusted, and suitable hygienic directions, and medicines given.

The often mooted, but still unsettled question now arises, Should a pessary be employed? Being myself of the opinion that more mischief has accrued from the use of pessaries than benefit, arising no doubt in many instances from its being employed when nothing of the kind was indicated, from choosing a bad instrument, from neglect to extract and cleanse it at proper intervals, &c., &c., any argument which I might institute upon the subject, based, as such argument must be, upon anatomy, physiology, and pathology, would perhaps but cover the objections to the instrument, and necessarily lead the reader into a labyrinth where more medical jargon than, to her plain common sense, would pertain. I shall therefore but mention some of the evil consequences which have, in repeated instances, followed the employment of the instrument. All pessaries are liable to be coated with calcareous incrustations, and nearly all are liable to corrode and decompose. They never fail to excite irritation, and, from their pressure, impede the functions of all the pelvic organs—defecation, urination, menstruation, &c., &c. They frequently cause change of texture, and purulent vegetations which sometimes completely fill the vagina; also strangulation of the womb, pain, engorgement, injury to the walls of the vagina, perforation of the rectum and bladder; vesico-vaginal fistulas, mortification, ulceration, sloughing, complete loss of the vagina, fatal peritonitis, cancer of the womb, &c., &c. It is probable that the French

surgeons have tested the utility of the pessary more thoroughly than the surgeons of any other people; and they, nearly all, speak disparagingly of it. Among whom I can say positively, that Dupuytren, Grenier, Colombat, Mauriceau, and Lisfranc, have recorded their testimony against it. As the abdominal supporter entirely obviates the necessity of employing a pessary, I am of the opinion that the former instrument will, finally, entirely supersede the apparent necessity which, to some, seems at times to exist for its use.

## LEUCORRHŒA.

SYN.—*Whites*.—*Fluor Albus*.—*Uterine Catarrh*.—*Fleurs Blanches*.

THIS frequent and distressing disease is known by a secretion of whitish mucus from the lining membrane of the womb or vagina of women. The discharge is sometimes very profuse, and is attended with a pain in the back and loins, smarting during urination, want of appetite, loss of flesh, paleness, lassitude, nervousness, and dejection. In cases where the discharge is very acrid, it will contaminate, giving rise to symptoms resembling those of venereal. If the case is of long standing, fever, difficulty of breathing, palpitations of the heart, faintings, and swellings of the lower extremities often ensue.

*Causes*.—Laxity of the parts concerned, general debility, poor diet, use and abuse of tea; profuse evacuations, immoderate flowings of the menses, immoderate coition, difficult and tedious labors, frequent miscarriages, falling of the bowels upon the womb, use and abuse of spices, warm baths, chalk, purgatives, emmenagogues, foot-stoves, and coffee; debility and inflammations of the womb and vagina.

*Treatment*.—It must be treated by general hygienic means; as gentle exercise, pure air, a light, full, nutritious diet, attention to bathing, avoidance of excitement, rest, abstinence from coition, and perfect regularity in all the habits. By astringent washes, suitable tonics, (as of metallic iron, gentian, columbo, cinchona, myrrh, &c.) anti-leucorrhœal troches of copaiba, suppositories, and above all, an abdominal

supporter. I can generally cure the whites, in a short time, with a supporter, suitable tonics and injections. In some cases I have found the supporter alone sufficient. Pomme warmly recommends baths of a temperature of 90° F., emollient fomentations, and diluents. The disease should at once be cured at any cost, as it ruins the constitution and drags the woman to her grave.

## AMENORRHŒA.

THIS affection may be defined to be an obstruction or suppression of the monthly turns or menses, from causes other than pregnancy or advanced age. If it occurs in a young lady, who has not menstruated at the time when it would be expected from her age that she should, the difficulty is termed *Emansio mensium*. If it is a morbid cessation with one with whom the periods have been previously established, it is termed *Suppressio mensium*.

*Causes.*—General debility, sedentary habits, improper diet, plethora, fatigue, vivid emotions, colds, improper use of aperient medicines, hæmorrhage, a burn or blister, consumption, scrofula, inflammations, false membranes, form, development, &c, &c.

*Treatment.*—If occurring in a young unmarried lady, it is to be treated as chlorosis. (*See chlorosis*.) A resort to general principles is quite indispensable in the treatment of this affection; we must first ascertain the exact cause of amenorrhœa, which cause should be removed, and other indications carefully attended to. If the disease proceeds from plethora, we must adopt means to diminish the exuberance and richness of the blood, and the other fluids by means of suitable purges, low diet, and sometimes by bleeding. If it is caused by a sudden cold, we should prescribe warm, stimulating drinks, as infusion of mint, elder flowers, balm, &c. The author might pursue the subject of the treatment of amenorrhœa to great length, as it requires a very nice discrimination, and scrutiny into each individual case, before the proper treatment can be laid down. The advice of the intelligent and careful physician is therefore indispensable.

## DYSMENORRHŒA.

THIS term signifies menstruation forced, or accompanied by uterine pains, pains in the back, loins, and lower part of the abdomen, and often by nervous and hysterical symptoms.

*Causes.*—Plethora, nervous irritability, and many of the causes which produce amenorrhœa.

*Symptoms.*—The discharge is usually slight; there are pains in the loins, back, groins, thighs, and hypogastric region; more or less anxiety, lassitude, sleeplessness, irritability, itching, and often a sense of constriction in the throat.

*Treatment.*—If the disease—or rather the painful exercise of a function—proceeds from plethora, there are frequently pieces of false membrane and blood in the discharge, and it must be treated by antiphlogistic means; as leeches to the anus, frequent, mild, saline purges, nitre, &c. Other cases are relieved by warm baths, warm hip baths, anodynes, diaphoretics, acetate of ammonia, narcotic injections, vegetable diet, and emollient drinks. The itching can be relieved by injections of an infusion of poppy heads with a mucilage of marshmallows.

## CHLOROSIS.

SYN.—*The Green Sickness.*

THIS disease attacks principally young unmarried ladies, at about the age of puberty. It is characterized by a slightly green and yellow tint of the skin, and loss of red tinge, pale lips, absence of perspiration, bloated face, universal debility, fatigue, languor, melancholy, loss of tone in the digestive organs, acidity in the stomach, flatulency, constipation, perverted taste, palpitations of the heart, weak back, pains in the loins, and flaccidity of the whole person; quick pulse, œdematous swellings of the feet, many symptoms of hysteria, unusually pale and scanty catamenia, and finally a total suppression.

*Causes.*—The disease arises from a deficiency of blood globules, caused by premature and rapid growth, feeble constitution, suppression of the menses, frequent hæmorrhages, onanism, celibacy, captivity, sadness, grief, melancholy, disappointment; living in secluded, dark, damp situations, as in cellars, narrow streets, mines, deep and sombre vallies and woods; bad diet, drinking vinegar, eating clay, sealing-wax, pickles, cloves, lemons, chalk, slate-pencils, green fruit, rose leaves, &c.; and finally, a sedentary and voluptuous life, all cause the nervous debility, and deficiency of red blood globules upon which deficiency the disease depends.

*Treatment.*—Daily exercise in the open air, cold bathing, exemption from study, *light, full* diet, riding on horseback, travelling, agreeable company, attention to the bowels and catamenia, proper use of flannel, moderate use of wine and tonic medicines. The mineral waters of Pyrmont, Vichy, and Spa, are highly recommended by French writers.

## B A R R E N N E S S .

SYN.—*Sterility.*

STERILITY may depend upon the male or female, and may arise from malformation ; but, in the great majority of cases, it is caused by debility of the sexual organs. This debility is caused in men by dissipation, excesses, strictures, &c., and in women by the diseases peculiar to their sex ; but especially by disordered menstruation, chlorosis, and whites. The treatment is easily adapted by the intelligent physician, and generally soon effective. It is of the last importance that a medical adviser should be perfectly educated upon the subject of physical incompetency in either sex, and of barrenness or sterility, as they are both usually within the reach of suitable remedies ; mere mediocrity in medical science, is quite incompetent to either emergency.

## HYGIENE OF WOMEN.

WOMEN have tempestuous and dangerous periods to pass, diseases and pains to endure, and physiological changes to encounter, which are peculiar to their sex, and which may be said to be superadded to those usually incident to humanity. There are then, hygienic precepts, which belong to the sex alone; and it is the author's purpose to refer to them briefly in this article. We must begin at that period when the divine light of womanhood first sheds its beautiful rays as precursors upon the fragile form of childhood. As this age—the age of puberty—approaches, the tender young girl should receive special attention from her mother or governess, and be instructed by either respecting those changes which mark this brilliant epoch in her existence. Fear, shame and mischief, often arise from the mistaken silence of mothers upon these important subjects.

At the crises of the irruption of the menses, the young woman—for woman she now is—should not be subjected to that strict physical and mental discipline and training, which at seasonable times is so necessary to fit her for the exalted place she is destined to occupy upon the stage of existence. Relaxation from severe study is necessary, that the powers of her system may come to her assistance in the performance of a new, and at the outset—extremely difficult function. If she *must* study, let her cultivate the higher branches, avoiding romance; as

History, Geography, Rhetoric, Natural Philosophy, &c. Or, if she is of a dull, cold, phlegmatic and indifferent temperament, the opposite is indicated; and she should see company, attend concerts, read a little, chaste romance—if such can be found—and cultivate music, drawing, dancing, painting and other light accomplishments. Her diet should consist of light, nutritive and easily digested food; as rice, milk, farinaceous substances, a very little animal food, fresh fish and well cooked and healthy vegetables. Her drink should not be stimulant, but tonic; as a little wine and water, or porter and water or chocolate. She should abjure coffee, tea and spirits. Let not Cupid be permitted to flutter his wings in her atmosphere at this period, but rather permit Minerva and Diana to preside over her thoughts, occupations and aspirations. If difficulties or delay in the fulfillment of her functions arise, she must, of course—through her mother—receive the counsel of her physician.

During the menstrual flow, the woman, whatever her age may be, should abstain from the use of purgatives, emetics, bleedings, baths and exciting emotions. She should avoid washing in very cold water, she should avoid company, balls, parties and public assemblies. She should take no exciting food or drink, and especially avoid exposure to damp and cold. She should avoid foot-stoves; and at all times, clothe and protect herself with the strictest propriety.

If the discharge should at any time be too abundant, she must repose herself in the recumbent position, take very little food, abstain from warm drinks, and substitute cold barley water, rice or toast water, lemonade, &c.

If she meets with sudden and premature suppressions, she must also seek rest, apply warmth to

the hips and thighs, and drink hot balm tea, for the purpose of recalling the necessary evacuation.

From the age of puberty to that of perfect womanhood, a host of new thoughts, scruples, impressions and sentiments have possession of her bosom ; during this season of expansion, we leave her to her mother, in whom we must also confide during the periods of "*coming out*," company, romance, love, courtship and marriage. She is now a wife !—now impressed with the proud consciousness that she lives for a new being, whom she is to call *her* child ! During the season of gestation she must maintain the most perfect composure and placidity, cultivate the highest and noblest sentiments, and pursue employments and pleasures calculated to preserve herself in perfect health, and stamp her offspring with qualities as nearly as possible approaching perfection. During the nursing and rearing of her children, we leave her to her happiness and solemn duties. But, as the scene draws toward a close, as dark clouds begin to gather round her, whose lining is of purple, and whose glittering edges are now bound with black, and under which rages the shattering and detracting storm which is to usher in her days of placidity and decay, we again offer our guidance. The "*change of life*" affords, perhaps, a less flattering prospect for the future ; still, when not disastrous, it is not without its pure joys and happy anticipations. She must now renounce the court of Venus, cultivate the complacent affections, and rejoice in her rising and risen offspring. At this period, the woman must renounce drugs as far as possible, and seek to correct her various disorders by regimen and the simplest medical means. In her case, the heroic medication is not applicable ; she must avoid drastic purges, emetics, blisters, seatons, and, as far as possible, great surgical operations,

Light bleedings, enemata, leeches, baths, tonics, suppositories, anodynes, anti-spasmodics, &c., are, however, sometimes requisite in combating the unpleasant symptoms incident to the "*change*."

Women have smaller lungs, are of a more fragile texture and constitution, remain more in-doors, and are more subject to consumption, constipation, &c., &c., than men; greater caution on their part is therefore requisite, not only in respect to diet, but to all of the hygienic rules which we have adverted to.

We would say to ladies, seek for beauty in health, cleanliness and composure; abjure powders, paints, medicated soaps, perfumes, hair-dyes, depilatories, cosmetics, vinegars, washes, and all of those false appliances, which have not real utility to recommend them.

Purity and beauty of complexion cannot be obtained by cosmetics, such as pearl-powder, rouge, medicated soaps, &c.; all of which injure the skin very materially. They are attainable only through firm and perfect health, upon which they absolutely depend. Those, therefore, who desire to possess a clear, transparent, and beautiful complexion, should seek for it through the proper means, rejecting every preparation which is urged upon their attention, under the pretence that it will remove pimples, tan, moth, and freckles. The only reliable cosmetic is pure water. If the reader wishes more particular directions upon this subject, she is referred to the hygienic principles laid down in the third part of this work.

## VARIETIES.

DR. RUSH thought the Germans kept off consumption by singing so much.

An Epitaph—"Died of thin shoes, January, 1830."

A saying in Rome—"Where the sun enters, the physician never does."

Houses with southern exposures are most healthy.

Parents, examine school rooms before sending your children to school; these rooms should be above ground, dry, large, well lighted, well ventilated, in a healthy neighborhood, and not overcrowded with scholars.

Do not sleep in a basement room, or on the first floor.

Do not indulge in excesses of temper; they ruin health and make man prematurely old.

Do not wear abdominal supporters or shoulder braces in bed, unless you are constantly confined to it.

Invalids should always choose a physician in whom they can place the most implicit confidence, as confidence assists materially in performing a cure.

If you wish to avoid consumption, become a disciplinarian, keep a bridle upon your passions, and especially avoid intemperance in exhausting indulgences.

Constipation is a most dangerous enemy to health.

Do not sleep in crowded apartments.

Retire early and rise early; a long morning is worth more than a long evening.

Spend a part of each day in amusements.

The influence of the mind, or of the imagination, over disease is astonishing, but well substantiated ; ask the homeopathist his secret, and if he answers you truly, you will realise its extent.

The influence of diet and regimen over disease are truly wonderful ; ask the hydropathist *his* secret, and then you will realise *that*.

The effects of medicines upon the animal economy are susceptible of satisfactory demonstration ; study *materia medica* and general therapeutics ; make critical observations in practice, and then you will be convinced of facts of great moment.

Even physicians sometimes oppose different mechanical remedies ; such as abdominal supporters, shoulder-braces, inhaling tubes, &c., &c. (*excepting*, perhaps, some *favorite* of their own), and will attempt to give learned and incomprehensible reasons for their disapproval. While poor human nature remains as it is, scrutiny into *motives* is often quite allowable. It is perfectly apparent to a thinking mind, that while neither pill, powder, plaster nor voluntary care, can restore lost symmetry, suitable mechanical remedies will. If, then, loss of symmetry will occasion disease, are not these means, in many cases, the first to be relied upon as preventives as well as remedies ?

Eat slowly, and masticate your food thoroughly.

Do not take much liquid with your meals.

Rise from the table with an appetite.

Eat no hot bread, no veal, no sausages, no pickles.

Let your repast be full, so as to distend the stomach perfectly.

Do not eat just before going to bed, or between meals.

Do not take your tea, puddings, &c., &c., too hot.

Take your meals at regular and stated hours.

Do not cover your head with the sheet or quilt, while in bed.

Do not study at night.

Avoid sick rooms as much as possible.

Keep your feet warm and dry, your head cool, and your heart at rest.

Avoid the inhalation of coal and other deleterious gases, dust, smoke from matches, &c.

Do not neglect your teeth ; brush them night and morning.

Always use a toothpick after eating.

If you accidentally get wet, by being caught in a shower, strip, use a flesh-brush, and put on dry clothing immediately.

Avoid sitting in damp shoes or boots.

Avoid currents of air.

Medicines will not cure disease, but may assist nature to do so.

The mind as often requires a physician as the body.

Do not study or think too much ; the mind requires rest as well as the body.

The robust and healthy are not nervous, irritable, or distressingly susceptible.

To become robust and healthy, exercise in the open air, eschew liquors, tea and tobacco ; maintain a good conscience toward God and man, and eat temperately of plain, substantial food.

Nearly all diseases come from intemperance of some sort, and want of exercise.

I cannot refrain from addressing a few words to the young physician. I have been in your situation, and can sympathise with you in your trials, hopes, and fears. I have toiled and waited, sought favor from the great and powerful, and received an abundance of promises, which were oftentimes never fulfilled. I would say to you, court no favor from those

whose interest it is to keep you in obscurity. If God has given you talents, unite to them industry, perseverance, polished manners, true benevolence, close attention to your profession, and faithfulness to your patients. Never stoop from the dignity of your talents, education, and deserts, and you can rest assured that a generous and discerning people are sure to find you out, and soon place you in the position you are fitted to maintain.

## SHOULDER-BRACES.



Shoulder-Brace.

ALL invalids, authors, editors, public speakers, singers, students, scholars, accountants, clerks, artists, seamstresses, mechanics; all people of sedentary habits, and all who have acquired the habit of stooping, and all round-shouldered people and consumptives should wear shoulder-braces.

Shoulder-braces are very much worn by the elegant and stately officers and soldiery of Europe; a round-shouldered or stooping grenadier would have been an anomaly in Napoleon's old guard, sufficient to have caused that pertinacious hero no little disquietude.

Heretofore, shoulder-braces have been very little worn in this country, and this fact arose wholly from

our not having had good patterns ; those commonly offered being made by milliners, corset-makers, and instrument-makers, who, knowing little or nothing of anatomy, of course their bearings are wrong, and they cut under the arm, cause the blood to settle in the hands, are stiff, hard, inelastic and uncomfortable ; in case the person unnecessarily, cover and heat the spine, will not keep in place, and confine and compress the waist ; in fine, their objections so far over-balance their utility, that those who purchase them are soon obliged to lay them aside.

Wishing to use shoulder-braces extensively in his practice, and not being able to find any perfectly free from these objections, the author has invented a brace which he esteems very highly, as it unites every advantage ; it is light, elastic, and elegant ; it affords no additional covering to the spine, and fits neatly, so as not to wear or interfere with the set of the clothing. A glance at the accompanying plate will give the reader an idea of its form. Those prepared for gentlemen have attachments which entirely supersede the necessity for wearing suspenders. They form a perfect suspender shoulder-brace.

ATMOSPHERIC INHALING TUBES, AND  
EXPANSION OF THE CHEST.

Atmospheric Inhaling Tube.

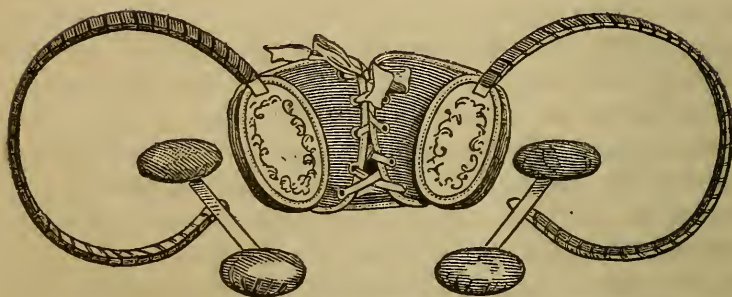
THESE tubes are designed to assist in our endeavors to expand the lungs, open and fully inflate their folded or closed air cells, and enlarge the chest, so as to give ample room for the constant action of the lungs and heart, and increase the capacity of the former for the consumption of air; to detach the mucus from the lining mucous membrane, so as to permit the free egress of carbonic acid from the blood, and favor the ingress of oxygen. Animal energy, animal electricity, nervous energy, or animal contractility or excitability, (the reader may take his choice of terms,) is derived from the air by respiration, and therefore depends—in intensity or amount—upon the quantity of pure air consumed. The quantity of air consumed, depends, of course, upon the capacity and action of the lungs, upon the action of the heart and arteries, and on the perfection of contact between the blood in the lungs and the air. Men are stronger than women, and why? Because they possess larger chests, larger lungs, and consume more air; from which the lungs and blood elaborate, manufacture or extract oxygen, electricity or nervous energy, and which gives to the muscular

system contractility or irritability; in other words, power to act. The blood—or a constituent of the blood—is the vehicle which conveys this power from the lungs to the brain, and other parts of the nervous system, and to the muscular system. Animal action, therefore, depends entirely upon electricity, or oxygen, or a principle derived from atmospheric air. If this principle is entirely withheld, action ceases, and death immediately ensues. If it be partly withheld, as is the case with people afflicted with catarrh of the lungs, with the sedentary; with those confined to heated and impure apartments; with those whose lungs, from habits of stooping or tight lacing, wearing tight clothing, or from loss of symmetry, have been compressed and their air cells closed, folded, or collapsed, the power of action is diminished; debility and effeminacy follow, and in their train, DISEASE creeps insidiously into different organs of the system. Proper inhaling tubes, not only assist nature in opening and expanding the air cells, but they attenuate, or make thin the parietes or cell walls, both preventing curing and congestions and thickening of these walls. *Tubercles cannot form in the lungs, without this congestion and thickening. So long, therefore, as the lungs are kept expanded, the walls of the cells kept thin and congestions prevented, we can with perfect confidence and safety defy tubercles and consumption.* And further, cold in the system—by which I mean the absence of caloric—heat—is a great provocative of consumption; it is therefore requisite to keep up the natural fires of the system, not only to keep the enemy at bay, but to expel him when he has once gained an ascendancy. These fires are kept constantly burning within us, and are fed by the carbon which is contained in our food, and the oxygen which we breathe into our system through the lungs; these

two principles meet in every part of the system, and their contact causes their immediate combustion, and the evolvment of heat; this heat is the natural warmth of the body. It follows, then, that when the lungs are diseased or collapsed, the amount of air inhaled, and oxygen therefrom extracted, is diminished, and the fires get low; this accounts for the constant chill which consumptives so much complain of. If the amount of food is diminished, of course less carbon is supplied, and the result would be identical. This is proved by the fact of our getting chilly if we go too long without food; who has not experienced the fortifying effects of a hearty breakfast against the cold? Men drink brandy and other liquors to keep the cold out; and in imputing this effect they are quite right; for liquors contain an excess of carbon, and cause the systemic fires to flash up afresh for a while, but the evil is, that they so soon die down, and require more fuel; while the carbon from a good dinner will burn six or seven hours, imparting a genial and substantial warmth to the system. Of course it will be plain to every person, that the colder the weather, and the more we expose ourselves, the more food we require to keep us warm. It is quite plain, also, that the inhaling tube which expands the lungs, and increases their capacity for air, from which oxygen is extracted, is also of inestimable service in this particular. The whole rationale, *modus operandi*, and philosophy of inhaling tubes may be derived from the above, if studied carefully and understandingly. The intelligent reader will at once perceive and advocate their utility and employment. They must be used under proper restrictions. People who have heart diseases, and those inclined to apoplexy or giddiness, should use them with the greatest caution.

## ABDOMINAL SUPPORTERS.

## FALLING OF THE BOWELS.



Abdominal Supporter.

THE author knowing that many people do not perfectly understand the indications which call for the employment of these instruments, the indications which they answer, or the purposes which they subserve, the rationale of their action, and *what* a perfect supporter should be, *what* it should *not* be, and *how* it should act, will give his readers—as perspicuously as possible—the necessary information. To do this fully, may involve some slight repetition of remarks which have been made while other topics were under consideration; these are unavoidable in a work of this character. Two men may meet, though they may be travelling on entirely different or separate roads—for roads unavoidably cross each other.

From various causes, the abdominal muscles or

belts, which cover the front part of the abdomen and pelvis, and which assist in holding the contents of the abdomen in their proper places, loose their contractility and become relaxed—stretched—permitting the abdominal viscera to gravitate—fall—downwards and outwards. This loss of symmetry—displacement—occasions the displacement of other organs and is a fruitful cause of disease. It causes constipation, ruptures, dyspeptic symptoms, pains in the back, abdomen, stomach, heart, chest and shoulders; weakness of the chest, a sinking, dragging, hollow feeling about the stomach; liver and kidney complaints, piles, diarrhea, seminal weakness, barrenness, and all female diseases; as prolapsus uteri—falling of the womb—fluor albus—whites—&c., &c. The intestines and peritoneum—lining membrane of the abdomen—fall upon the womb and press it out of place; otherwise this organ would seldom be prolapsed. The liver, stomach, and spleen being situated above the intestines and being partly held in position by them, of course participate in their gravitating or falling movement. These in their turn, affording in health, partial support to the diaphragm, lungs, &c., permit—in cases of falling of the bowels—the parts which also aid in holding them in position, to be put upon an unnatural stretch; and thus the whole system is, by loss of symmetry, deranged in action and involved slowly and insidiously in disease.

Abdominal Supporters are designed to supply that support to the abdomen and its contents which the abdominal muscles, in their relaxed and debilitated condition, cannot give, and to restore to these muscles their contractility, strength, and tone. To answer these ends they must be of the right construction and fit the person absolutely. They should not press upon the spine or cover it so as to heat it.

They should be very light, of sufficient power to sustain the incumbent viscera, perfectly adapted to the anatomy of the pelvis, of a construction which will not interfere with the clothing, locomotion, or the patient's comfort; should adapt themselves to the motion of the person while walking; should possess graduating power; should press upward and inward on each side of the lower part of the abdomen, between the two hip bones; should not be immovably joined in front, *for many reasons*; should not press in the middle of the abdomen over the bladder; should be durable and not too expensive. The author thinks his supporters exactly answer the above description; they give the most perfect satisfaction to his numerous patients, and meet with the entire approbation of his professional brethren. They are readily convertible into supporter trusses, which, in the author's opinion, are the only instruments applicable in certain forms of hernia—rupture. In some forms of hernia, a supporter truss is quite inapplicable; to meet such cases the author has invented a truss which has a wide range of application, and which in many cases effects radical and permanent cures.

Abdominal supporters are applicable in nearly all cases of diseased lungs; absolutely indispensable in consumption, and in female complaints, and of infinite service in dyspepsia, constipation, chronic diarrhea, piles, liver, kidney and heart diseases; weak chest, weak back, loss of appetite, loss of voice, corpulency, cancer of the stomach, &c., &c. Ladies during pregnancy and after confinement find great benefit from their employment; and people whose occupation obliges them to remain during a great part of the day in the upright position, as clerks in stores, and others, find them invaluable. They are readily and easily applied, and worn with perfect

comfort; the two pads connected by the lacer, are worn in front, between the two hip bones or ilii, and just above the cross bone or pubis. The two steel springs pass up nearly or quite to the waist, and round the person; the four round pads attached to the posterior end of the springs take their position two on each side of the spine, upon the large muscles of the back—the latissimus dorsi—and the other two in the gluteal region, upon the gluteus maximus. Small leather straps are attached to these pads, which are to be fastened across from one to the other, after the instrument has been adjusted.

Some physicians, even some who enjoy good professional reputations, and which reputations are, in most respects, well deserved, persist in advising, prescribing, and applying, almost indiscriminately, the pessary; a practice fully as repugnant to science as it possibly can be to the feelings of the most delicate lady; and which is as useless and injurious in most cases, as it is repugnant. No one man can be great in everything! nor perhaps in many things; every man has his hobby, and this very hobby is often his weak point. Some physicians make hobbies of pessaries; and though they may be superior men, in some respects, in this—science and nature deplore their weakness. But, it may be asked, “Will not a pessary hold up the womb?” certainly it will, and it will do more; it will both hold up the womb and the weight of the intestines and peritoneum, which fall upon it and press it down. The intelligent reader will at once concede, that the only rational procedure in such a case, would be to lift the abdominal viscera, intestines, &c., off from the womb; suppose *them* in their proper place, and permit the womb, with its powerful ligaments, to find the position which nature assigned it, and there remain. No relaxation of its ligaments, nor of the soft parts

which help to hold the womb in position, would ever cause it to fall. I contend that gravitation of the abdominal viscera is the only cause, in ninety-nine cases in every hundred, of falling of the womb; and consequently, the only rational treatment consists in the application of a suitable abdominal supporter. It has been my happiness to cure so many ladies of this distressing complaint with this instrument alone, who had in vain sought relief from other sources, that on this point I am impatient of contradiction. I do employ pessaries, in some cases for a short time, but I first lift and support the superincumbent weight of the contents of the abdomen, by means of an abdominal supporter, and keep my patient a short time in the recumbent position, which is usually sufficient to effect a cure; but, there are cases in which the womb has been prolapsed for a great length of time, where pessaries worn for a *short* period, materially assist in attaining our object. But the instrument should never be used until the patient, has a supporter adjusted, or otherwise the difficulty is increased by making the womb support the bowels. This latter course is a frequent cause of cancer of the womb.

It is contended by some gentlemen in the profession, that abdominal supporters give no support to the womb, in cases of falling down or out of that organ. It is quite true, they do not give the least support to the womb. But they do infinitely *more* and *better*; they lift from that organ the weight of the intestines and peritoneum, which fall upon it, and push it out of position; (otherwise falling of the womb would seldom occur.) Supporters thus enable nature to restore the organ to its proper position, and keep it there. In its natural and healthy state, it is a very small organ, not weighing, in most instances, more than from one ounce and a half to three ounces,

and can never, by its own weight, overcome the resistance of parts which nature designed should hold it in position. The so-called supporters, which are mere lacing belts, without steel springs and proper pads are absolutely and positively worse than useless, as many ladies daily testify who have tried them. The same remarks are applicable to many which are constructed *with* springs and pads. The springs of which, instead of rising over the hips as they should do, to answer the indications, pass round the hips, and merely press the contents of the abdomen back upon the spine, whereas they should be lifted upward and inward; the displacement being always downward and outward. It is quite a difficult task to make a good drawing of an abdominal supporter, and still more difficult to obtain from a drawing a satisfactory knowledge of the instrument. The accompanying cut is quite faulty. To see the instrument itself, is the only reliable mode of judging of its advantages.

## PILES.

SYN.—*Hæmorrhoids*.—*Fici Condylomata*.

PILES are tumors, usually of a violent color, which form within and without the sphincter ani, but mostly on the mucous and cellular coat of the rectum within the sphincter; they are also sometimes found in and around the genital organs of women. These tumors are usually of a spongy nature; but they are sometimes dry, hard or fleshy, vascular or erectile, and when compressed by the sphincter ani, they are exquisitely sensible. They are produced by the dilatation or stretching of the hæmorrhoidal veins; also, by the formation of cysts from the cellular coat of the rectum. Piles may be arranged under the distinctive appellations of *blind*, *bleeding*, *mucous*, and *excrescential*. They are *blind* when they are altogether internal, and consist of nothing more than varicose—enlarged—veins, with slight thickening of the internal membrane of the intestine. *Bleeding*, when, from excoriation caused by constriction, stricture, or some incidental violence, they are attended by hæmorrhage. *Mucous*, when the mucous follicles of the rectum are abraded, scraped or galled, and pour out mucus. *Excrescential*, when they form fleshy excrescences, either internal or external to the sphincter.

*Causes*.—The sedentary are most subject to piles; and *constipation of the bowels*, is by far the most

prominent and frequent cause. The other causes are, pregnancy, straining at stool, severe exercise on horseback, plethora of the blood vessels, congestion or torpidity of the liver, the suppression of habitual discharges, and hereditary predisposition; frequent use of aloetic purges, suppositories, and injections; long continuance in the erect posture, passage of hard or acrid fæcal matter, venereal excesses, and inflammations.

*Symptoms.*—Difficult and painful defecation, an insupportable stinging or burning pain, and distressing sensation about the anus after the stool, uneasiness and pains in the back and loins, inability to stand, sit, or exercise; ill health, costiveness, depression of spirits, &c., &c.

*Treatment.*—Surgeons usually assert, that all medication in piles is merely palliative; and that the *knife* and the *ligature* are the *only* radical means of cure. This is not my belief, nor is it my experience. I am as certain, as I am of any fact of which my mind takes cognizance, that the piles are easily, readily and radically cured by scientific medication, and proper regimen. In cases of bleeding piles of long standing, in patients who are predisposed to consumption, pulmonary hæmorrhage, apoplexy, &c., it would not be proper, nor safe to institute at once a radical treatment; because, the system, having accustomed itself to the discharge, and the increased elaboration of blood to supply the waste, would become over-charged, and the result would probably be unfavorable.

The means at our command for the cure of piles, are, removal of the causes, rest in the horizontal position, spare diet, the internal administration of the balsam copaibæ, issues, leeches, poultices, astringent injections, and injections of cold water; mild laxatives, general blood-letting, the use of the anguen-

tum gallæ compositum, also the extracts of stramonium and belladonna; opium ointments, external sponging with cold water, alterative pills, bougies, astringents given by the mouth, and the avoidance of all highly seasoned food, liquors and coffee. In all cases of rigid constriction of the sphincter ani, I find that the employment of fine, smooth bougies, of different sizes, is indispensable to a radical cure.

The disease is very common, and is probably productive of more real suffering and inconvenience, than attends any malady incident to patients who keep about, and are not considered sick. Many young people and women, from shame and motives of delicacy, suffer for months and years, a secret agony, which can only be realized by themselves. This is wholly unnecessary; they should, at the very commencement of this disease, place confidence in a physician, possessed of a high tone of character, and the requisite skill to relieve them, and freely confide to him their afflictions. If the disease is permitted to become chronic, and is still neglected, or only treated by the common palliatives, it is likely to assume a severe form at any moment; and finally to become so grave, as to require a surgical operation of the severest character, and which most people, and especially young and delicate females, shrink from with indescribable fear, shame and horror!

## R U P T U R E .

SYN.—*Hernia*.

COMMON hernia consists of a protrusion of some part of an intestine, or of some of the other abdominal viscera, covered by a portion of the lining membrane of the abdominal cavity, called the peritoneum, through the natural apertures, or apertures formed by violence, in the muscular or tendinous walls of the abdomen, forming a kind of sack. The hernial tumors most frequently make their appearance in the groin; but they also occur at the naval, on the upper part of the thigh, on almost any part of the anterior portion of the abdomen; at the labia pudendi, in the scrotum, &c., &c. There are many kinds of hernia, which are designated by appellations indicative of the contents of the hernial sack, and of the location of the tumor; these distinctions are instituted for the convenience of the profession, and are not pertinent to the author's present purpose.

It has been estimated that as many as one-eighth of the individuals composing the human family, have a rupture; but it is my impression that the estimate comprises far too large a proportion.

*Causes*.—The predisposing causes are, an hereditary conformation, and an unnatural laxity of the tissues about the abdominal rings, &c. The direct

causes are, violent muscular exertions of any kind, as jumping, running, lifting, playing upon wind instruments, crying, parturition, retching while vomiting, sudden contractions of the muscles while falling, or endeavouring to save one'self from falling, severe exercise on horseback, and long continuance in the upright position, &c., &c.

*Treatment.*—Reducible hernia is now universally treated by the adjustment of a truss; these instruments vary in their construction, with the inventive genius of many physicians, and a host of surgical-instrument makers. A physician is the only suitable person to apply them, as he best understands the anatomy of the parts, and the indications which present in different cases. A good truss, properly fitted at an early period, will *cure* the rupture; but, as they are usually worn, they but serve to relieve and save the patient from violent symptoms, by keeping the tumor partially reduced. On the first accession of hernia, the patient should wear a truss that will cause a slight inflammation about the ring or hernial orifice; whereby coagulable lymph is thrown out, and the ruptured tissues thereby agglutinated. I do not find much difficulty in radically curing ruptures with the trusses with which I furnish my patients; they are constructed with steel springs, which are galvanized to prevent their rusting, and furnished with pads, which are moveable, and susceptible of being perfectly adapted to the requirements of different cases. They are covered with leather, are light, elastic, comfortable; and do not at all interfere with the clothing, or impede walking or any other exercise.

Strangulated hernia is exceedingly dangerous, and if not reduced within a few days, necessarily causes death. The proper and most effectual means of procuring a reduction are, a surgical operation,

by which the aperture is enlarged so as to permit the return of the sack; tobacco injections, which produce relaxation of the abdominal belts and parts about the ring or aperture, and by taxis; by which is understood, the manipulations of the physician in endeavoring to return the protruding viscus. Infants are frequently ruptured at the naval; they are easily and readily cured by the adjustment of a suitable umbilical truss.

## CARD TO INVALIDS.

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IN all cases of disease of the lungs, heart and throat, it is imperative that the patient should have his chest, &c., examined by a physician skilled in auscultation and percussion; but as such opportunities are not always within the reach of the patient, the author suggests that any who are thus situated, should write him as clear and perfect an account as possible of their indisposition, stating also, their ages, occupations, habits, &c., &c., upon the receipt of which, he will study their cases carefully, and write back his opinion, free of charge. A prompt answer will be returned.

To insure attention, all letters must, of course, be post-paid.

Answers to the following questions, together with the invalid's own account (or his or her friend's account) of the case will greatly assist in making out clearly WHAT the disease is, which must be the first step toward successful treatment.

First, please to give name, residence, age and occupation. State where born and reared; whether married or single; strong or delicate constitution; lean or fleshy; erect or stoop-shouldered; color of hair and eyes, and what complexion.

QUESTIONS.—How long have you been ill? are you in indigent or easy circumstances? are you from a consumptive family? what relations have you lost by consumption? have you any skin disease? do you cough? do you expectorate or spit up? if so, what is the appearance of the expectoration? have you ever coughed up blood? do you sweat at night? have you diarrhea? are you costive? have you piles? have you pain in the chest, side or in any part? are you emaciated? have you sore throat? short breath or difficulty of breathing? are you hoarse? is your voice weak? is your uvula—palate—elongated? are you nervous? are your feet habitually cold? have you any fever? have you had any chills? is your appetite good? does your food agree with you? have you falling of the bowels? have you a weak, hollow feeling in the breast or stomach? have you a feeling of weight in the chest? have you any urinary disease? If a lady; are you married? how many children have you had? what is the age of the youngest? how many miscarriages have you had? have you always had a good getting up after confinement? have you any female complaints, such as falling of the womb, whites, or dysmenorrhœa, &c.? are you regular? have you always nursed your children?

A prompt answer will be returned.

## CASES.

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THE reader is presented with a few cases, which are reported to evidence the truth of the position which I have taken in regard to the curability of consumption in its first stage, and often in its second and third stages, and of throat diseases in every stage. I have selected the cases of a few people of the highest respectability, who, of course, are not willing to have their names published in full to the world as invalids. I have therefore used their initials in most cases. I have had a dread of swelling this work with matter which might not command the attention of my readers, and have therefore made but few reports, and those as brief as is practicable. I am, however, permitted to refer the afflicted who call on me, to many of my patients, whom it has been my delight and good fortune to benefit.

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### A CASE OF CONSUMPTION IN THE SECOND STAGE, WHICH YIELDED TO TREATMENT.

Mr. S. D., of Chesnut Hill, Pa., aged forty-five, consulted me on the seventh of June, 1850. Mr. D. had lost two brothers by consumption, and had been ill himself for sixteen months. His disease com-

menced, as he informed me, with a violent cold and pleurisy; these were succeeded by a dull pain in the left side of his chest, violent cough, copious purulent expectoration, night sweats, extreme emaciation, nervousness and irritability of temper, debility and distressing lassitude. On examining his lungs, auscultation revealed sounds which plainly indicated tubercles in his right lung, in a state of softening. His left lung was also slightly affected. A peculiarity in his case was, that while he had felt the most pain on the left side, his right lung was the most diseased. He informed me that he had taken of all the different lauded nostrums of the day; none of which, of course, gave him the least relief, but in his opinion did him much injury. His pulse had been constantly at one hundred. I had no hope of curing him and offered him *palliative* medicines; these he at once rejected, and said that *he wished to be, and must be, cured!* When I find such determination in a patient, however bad his case may be, I am immediately excited to attempt a cure; I accordingly put a shoulder-brace and supporter upon him, gave him an inhaling tube, and suitable medicines and directions. During the first few weeks, scarcely any change was discernable in his disease; but, on the twenty-fourth of July, when he came to town for the sixth time to see me, there was an evident mitigation in his symptoms; he was encouraged and continued to use his remedies. During the month of August, he suffered from an attack of inflammation of the spleen, which required active and prompt treatment, but his consumptive symptoms continued to mend; on the twenty-sixth of August, his cough had entirely left him; his pulse was down to eighty, his expectoration was but slight, he had gained flesh, and was in high spirits.

Sept. 4th. He called, vastly improved in health,

looks, and strength. He informed me that he was in his usual flesh, having gained twenty-five pounds, and had not the slightest cough. On again applying my ear to his chest, I was astonished to find that his lungs gave everywhere the natural vesicular murmur, which is indicative of the perfect health of those organs. This gentleman's determination, confidence, and indefatigable perseverance in the use of his remedies, has, with the blessings of a kind Providence on the means prescribed, completely triumphed over an almost hopeless sickness. It is to be hoped, that his noble and triumphant example will encourage the desponding invalid.

During the subsequent winter, I received a letter from him, in which he informed me, with the deepest expressions of gratitude, that he was in excellent health.

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#### CASE OF CONSUMPTION.

Miss P. Y., of Edgemont township, Delaware County, Pa., aged 25, came to the city to consult me respecting her health, on the 19th of June, 1850. Miss Y. had not been well since she left her boarding-school, more than six years before. She complained to me of debility, headache, palpitation of the heart, difficulty in breathing, short breath, pain in the chest, constriction across the chest, a feeling of weight in the chest, violent cough and expectoration, fever, night sweats, and great emaciation. Her father, who accompanied her, told me, confidentially, that disappointment and grief, he thought, had been active agents in ruining her health. I found her lungs extensively diseased, her pulse 112; in fact, I looked upon the case to be almost hopeless; but she

seized upon the means of recovering her health with so much hope and earnestness, and followed my directions with such joyful precision, that it almost seemed to me that her "faith made her whole." On the third of July she came in to see me, accompanied by a younger sister, also my patient. Every symptom was relieved; her pulse down to 96. She came to town again, on the 12th of the same month. She was still improving; pulse down to 86. She complained of other symptoms, which I prescribed for.

July 27th. She called again very much improved; pulse only 70—her natural pulse. She was every way better. She had no cough, no night sweats, no pain, no difficulty of breathing, very slight expectoration, no bad feelings about the chest, and appeared confident of attaining a speedy and perfect cure.

August 7th. Her father called on me to-day for remedies for a younger daughter, and says that Miss P., the subject of this report, is in perfect health.

I employed, in this case, my abdominal supporter, shoulder-brace, inhaling tube, and the medicines which are prepared under my own immediate supervision. I am myself greatly astonished at her speedy restoration.

The reader is presented with the following note from her parents, subsequently received.

*Edgemont township, Pa., August 20, 1850.*

DR. POTTER,

*Dear Sir:* As our daughter, Phœbe, has not been to town, for some weeks, to consult thee, we thought it best to write and inform thee of the reason. Sir, she is well! and needs no physician. From the moment that she commenced using thy remedies she began to mend, much to the astonishment and

joy of ourselves and of all our friends and acquaintances ; some of whom, having waited to see the result in our daughter's case, are convinced that thee can cure consumption, and will, no doubt, soon consult thee. We intend to have Phœbe continue her remedies for some time, to avoid a relapse.

With great confidence in thy superior skill in lung diseases, and many thanks for the interest which thee has manifested in our daughter's case, we remain thy friends,

REUBEN YARNALL.

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#### A CASE OF INCIPIENT CONSUMPTION.

On the 13th of November, 1849, I was consulted by Mrs. E. B., vocalist, of Philadelphia, aged 26. She was born in Ireland, and brought up in England. She is the mother of two children ; had lost her mother and a brother by consumption. She had been four years ill, with a constant hacking cough, bloody expectoration, night sweats, hoarseness, an aching and exhausted feeling in the throat after speaking or singing ; diarrhea, and pain in the chest. I prescribed an abdominal supporter, inhaling tube, shoulder-brace, diarrhea pills, counter-irritant, lung syrup, &c., &c., and the result has been most satisfactory.

Nov. 23d. She coughed less, and was free from fever. On examining her fauces and throat, I found them sympathetically affected, and applied nit. argent. in solution.

Dec. 2. She had just had a spell of raising blood. I advised the application of four cups to the back, to refrain from meats, all stimulating food, hot drinks, &c., and gave her a prescription.

Dec. 5. The hæmorrhage had ceased, her cough

grew less and less. I again cauterized the fauces and larynx freely.

March 10th. She has had a sick child, the care of which has retarded her recovery. Her child subsequently died.

April 25th. She now began to improve rapidly, and to feel greatly encouraged.

June 1st. She still improved, and began to regain her flesh; she had no night sweats, and scarcely any cough. She went to Long Island for the benefit of change of air and scene.

July 20th. She visited me, and reported herself almost well. She had no cough, no pain in her chest, and but a slight expectoration; she had grown quite fleshy, and was perfectly confident of attaining a complete cure.

September 10th. Her health is now perfectly re-established. She is in full flesh, quite as strong as she ever was in her life, and has the complexion of the lily and the rose. In short, she is a perfect picture of health.

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A CASE OF INCIPIENT CONSUMPTION, COMPLICATED WITH  
CHRONIC BRONCHITIS, AND LARYNGITIS.

Miss C. R., of Philadelphia, a gifted and interesting young lady, and sister to Mr. R., whose case I have reported, commenced using remedies under my directions early in November, 1849. Her disease, complicated as it was, proved very obstinate; but the subjoined note will show her progress. Her disease had been pronounced incurable.

*Philadelphia, December 30th, 1849.*

DR. J. H. POTTER,

*Dear Sir:* I cannot refrain from expressing to you my gratitude, and that of my mother, brother and sisters, and friends, for your instrumentality—

under Providence—in the almost complete restoration of my health. It is now about one year since I was taken ill. I had an almost constant cough, expectoration, distressing dejection, constant hoarseness, emaciation, pain in my chest, night sweats, sore throat, and in fact every symptom of consumption. Before I called on you (at the solicitation of mother,) I had been from time to time under the care of several physicians, but received no benefit from their treatment. I had entirely given up all hopes of recovering my health, and thought only of death as the agent of my deliverance from sickness. About two months since I called at your office, had my chest examined, and commenced upon your treatment; I began to improve immediately and rapidly. I am now nearly or quite well. I am in fine spirits, have scarcely any cough, am recovering my flesh, and believe, that a new lease of my life has been accorded to me. Very truly and respectfully yours.

C. R.

On the 9th of November, 1850, I received a letter from her, in which she said: "Respecting my own health, I have no cause to complain, but much to be grateful for. I have been very well all this fall." Speaking of her younger brother whom I had treated for a sudden and dangerous hæmorrhage of the lungs, she said: "My brother seems now in good health; I think this information will please you." And speaking of a lady and daughter who had been under my care, for throat disease, lengthened uvula, &c., she said: "Mrs. Buchannan and her daughter, are both perfectly well, and send their respects to you."

CASE OF MR. N. B. T., OF CHARLESTON, SOUTH CAROLINA.

On the 9th of December, 1849, this gentleman first consulted me. At that time he had every symptom of a rapid decline ; his mother died of consumption. He had a distressing cough, which almost entirely deprived him of rest at night ; a copious expectoration of pus, mixed with mucus, excessive weakening night sweats, hoarseness, sore throat, a feeling of tightness across the chest, cold, damp feet, emaciation, debility, and other symptoms of consumption. He was under my care for several months, used my remedies with great precision, and improved wonderfully and rapidly. On the 7th day of August, 1850, I received the following note from him, which I take the liberty of inserting.

My Dear Sir : In answer to your note inquiring about my health, at this time, I am thankful to have it in my power to say, that I now consider myself completely restored ; I do not cough at all. I have no sore throat, no hoarseness, no expectoration, no night sweats ; I have recovered my flesh, and in a great measure my strength. In short, I am now quite well, and attend constantly to my business ; though I continue to use your remedies—as they do me no harm—for the purpose of avoiding a return of my former distressing cough, night sweats, &c. I dread consumption more than all other diseases, and I therefore do all that you recommend to be done for its prevention ; which I am confident improves my general health, and adds to my strength. I believe that your practice is the only rational and effective one in cases of consumption, bronchitis, and throat diseases, and that you have saved me from a dreaded and lingering sickness, and from death.

With gratitude, &c., your friend,

N. B. T.

*To J. H. Potter, M. D., New York.*

A CASE OF CONSUMPTION IN THE SECOND STAGE, PROBABLY BEYOND THE REACH OF REMEDIES.

Mr. C. B., of Philadelphia, carpenter, aged 26, consulted me on the fifth of December. He had been some weeks a patient in the Pennsylvania Hospital, under the care of Dr. Wood; had also been some months under the care of Dr. Samuel Jackson, both gentlemen deservedly eminent in the profession. Auscultation and percussion revealed extensive disease of his lungs. He had a constant cough, hoarseness, night sweats, pain in the chest, emaciation, hectic fever and extreme debility. He was under my care until the twelfth of February, during which time I tried every means in my power to break up his disease, but my efforts only availed as palliatives. I had advised a sea voyage as a last resort, and he sailed to-day, Feb. 12th, 1850, for Europe.

This unfortunate gentleman was constantly dejected, his mind being filled with the most gloomy apprehensions, differing thus from most people who are in the advanced stages; a circumstance which militated greatly against successful medication, and which induced me to recommend change of scene.

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CASE OF CHRONIC LARYNGITIS, WHICH CAME UNDER MY CARE IN THE FALL OF 1849.

This gentleman, Mr. J. F., complained to me that he had "bronchitis, or clergyman's sore throat." He presented the usual symptoms of chronic laryngitis; hoarseness, almost complete loss of voice, cough, expectoration, &c. He procured remedies from me and went to the country to attend exclusively to his health. I applied a solution of the ni-

trate of silver to the internal surface of the epiglottis, to the glottis and larynx, on several occasions when he came to town for remedies. His recovery was perfect in three months. He has remained well up to this time, September 30th, 1850.

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#### A CASE OF COMPLETE LOSS OF VOICE.

Mr. Edward Kirby of Baltimore, Maryland, came on and consulted me in May, of the past year, on account of an affection of the larynx, which had resulted in complete loss of voice. He remained a few weeks in the city and used remedies under my directions, which completely cured his throat. His voice gradually returned to him. It was weak and husky at first, but ultimately became as strong and clear as it ever had been, and he returned home in perfect health.

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#### A CASE OF SPINAL DEBILITY, COMPLICATED WITH MANY ALARMING SYMPTOMS.

This lady had been given up to die, and was pronounced, by not less than three eminent physicians, to be in the last stages of the worst form of pulmonary consumption.

On the 23d of October, 1849, I was waited upon by Mrs. B., and requested to call and see her daughter, Mrs. E. Y., a widow, nineteen years of age, of remarkable personal beauty, and the mother of one child, aged three years. She was married at fifteen. Her mother informed me that, since the birth of her child, a daughter, she had never been well ; that she

had been, for the preceding two years, constantly confined to her bed, not being able to turn or move her limbs without assistance. It was thought by all that she was in consumption, and that her right lung was completely consumed. I found the patient suffering from the following serious disorders. Debility of the spine, complete paralysis of the lower limbs, an alarming constipation—her bowels not being moved oftener than once in from ten to fourteen days—cough and expectoration, falling of the womb, whites, dyspepsia, headache, inflamed eyes, &c., &c., a complication that, for extent and severity, is rarely met with. Her lungs were sound, perfectly. Being requested to undertake the case, I commenced adapting remedies, with but a distant hope of success.

November 15th. Her eyes were well, and her bowels more regular.

November 20th. She had improved in strength, had a better appetite, and was regaining her flesh. She was in fine spirits, and seemed confident of a speedy return to health.

December 2d. At this time she sat up from two to three hours daily. She was a good patient; she took her remedies regularly.

December 11th. She had continued to improve.

March 1st, 1850. Was rapidly recovering; sat up all day.

June 1st. She stood upon her feet, and walked the floor with assistance.

July 20th. She is in fine health, and walks out daily. She can walk nearly across the city without much fatigue, considers her health perfectly established, and is training her hopes for a bright future.

She has been under my care for about ten months. The change and recovery are astonishing, truly, and can only be realized by those who are acquainted with the case, and have watched its progress.

No confidence, in a medical adviser, it seems to me, could exceed that with which this lady honored me during the long months that she was under my care. At each visit, the distressed lady exclaimed, in answer to my inquiries respecting her health, "Oh, I am much better, Doctor! I know you will cure me; I am sure of it, and I tell ma so a dozen times a day." And she did get well! and is now in perfect health. September 29th, 1851.

How much merit should be attached, in this lady's case, to remedies, regimen, and attention, and how much to her wonderful buoyancy of spirits, lively hope, and confidence in my feeble powers, I leave to the reader to decide for himself. She tells her friends that these words are engraved upon her heart, "Cured by Dr. Potter."

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A CASE OF CANCER OF THE STOMACH, ILLUSTRATING THE  
UTILITY OF THE ABDOMINAL SUPPORTER.

Mr. R. consulted me in December, 1849, and complained of distressing symptoms about the regions of the stomach and chest, which had continued for a great length of time, in spite of all remedial efforts. After a strict examination, I made up my mind that his case was one of cancer of the stomach; but, as neither himself, his wife, family physician, or friends suspected such to be the case, and knowing the disease to be fatal in spite of all science, I determined, in his case, not to create any alarm by letting him know my diagnosis, but to try the effect of my abdominal supporter. I prescribed the instrument, which was immediately applied and adjusted by myself. I also prescribed some appropriate medicines. His improvement was so sudden and so permanent, that I began to doubt my own opinion of

his case. Matters went on thus for eight months ; during which time he enjoyed almost, as he said, uninterrupted health. In July, 1850, he left off his supporter for a short time, and all of his former bad symptoms returned. He sent for me, and I advised him to resume his supporter immediately ; he informed me that he had done so. But it was too late ; violent symptoms supervened, his family physician was also called in ; at the solicitation of his friends, a consultation was held with eminent talent, but all to no purpose ; he sank in a few days. An examination of his stomach being made, post mortem, cancer of the stomach was revealed, and decided to be the cause of death. It will be seen by the above, that through the agency of the supporter, this gentleman's life was, in all probability, prolonged for many months. Had he not, unadvisedly, left it off, under the impression that his disease was cured, perhaps the writing of this report had been postponed to a much later date.

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#### CASE OF LENGTHENED UVULA, OR PALATE.

Mr. J. D. S. was advised to consult me by Dr. D. He complained of a distressing cough, which he informed me that he had suffered with for four years. I examined his lungs and found them sound. On questioning him further, I ascertained that he had no expectoration, no fever, no night sweats, no pain in the chest, no feeling of weight or constriction about the chest, no chills, no emaciation ; but was in absolute health, with the one exception of cough. I now suspected lengthened uvula ; and on examination, found that organ enlarged to the extent of one full inch, and hanging some distance down his throat ;

this occasioned the tickling and cough; the fauces and throat were somewhat irritated. I advised him to have his uvula truncated, (cut off); he consented, and I immediately performed the operation, leaving him an uvula or palate of nearly the natural dimensions. The operation has proved completely successful. As soon as I succeeded by proper remedies in allaying the irritation about his fauces and throat, which had been kept up by the elongated uvula, his cough ceased entirely, and has not since returned. He suffered no inconvenience from the operation, nor was he sensible of the slightest change in his voice at the time, but it subsequently became clearer and stronger. Many eminent surgeons advise, in cases of the above description, that the uvula be *entirely* cut off; I see no reason for not leaving enough to represent an organ of natural dimensions; such has been my practice, and I have found that success has attended it; and that a second operation has rarely been necessary, where suitable medication was subsequently employed.

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A CASE OF TUBERCULAR CONSUMPTION IN THE THIRD  
STAGE.

In March, 1850, I was waited upon by Mrs. W., from Woodbury, New Jersey, near Philadelphia. She came to consult with me respecting her husband, a merchant, whom she informed me had been alarmingly ill for several months; and that she was under the impression that he was in consumption, but that she was wholly uncertain as to the true nature of his disease, as his physicians had entirely disagreed in their opinion of his case; adding, that they had neglected him, and that he had been for three months

at a time without any physician. After describing his case to me as fully as she could, she requested my opinion of it. No physician is justified in giving opinions without seeing the patient, except, of course, such opinion as he may be able to base on the representations made to him. I told Mrs. W. that her husband was undoubtedly very ill, and, so far as I was enabled to judge of his case from her representations, his disease was bronchitis. This did not satisfy her; she was determined to ascertain the exact state of the case, if it were practicable, and requested me to visit her husband in Woodbury, and institute a critical examination of his chest, &c., &c., and, if possible to tell her precisely how her husband was effected, and exactly what she was to expect.

I accordingly visited him. I found him to be about thirty-eight years of age, tall, broad shouldered and thin chested, and reduced to a mere skeleton; entirely unable to leave his room, and presenting the appearance of a man who had been dead for some days. He coughed and raised constantly. The pathological sounds of his lungs were so audible that a common listener could not mistake them, even at some distance from his person. I made a hasty examination of his lungs, and quitted the apartment as speedily as possible, knowing that death was upon him, and that his last struggle might take place at any moment; and, to say the truth, I feared he might die while I was in his room, or in the house, a circumstance which I did not wish should transpire.

His devoted wife followed me to the parlor, and placed herself in the attitude of one expecting to hear an important *ultimatum*. I asked her if she wished me to give her my true and candid opinion of Mr. W.'s case. She replied that she invited me

to Woodbury to make an examination of her husband's case, not to keep the facts a secret, but for the purpose of being satisfied, and requested me to tell the precise facts as I found them, and my opinion of his chance of recovery. I replied that Mr. W. was in the very last stages of pulmonary consumption; that he could not possibly get well, but was likely to die at any moment; and that I should not be astonished if she found him expiring on her return to his apartment. She thanked me for my candor, but wished still to cling to some hope. I assured her, that, in my opinion, there was none. She then requested me to try to cure him, and resolved on procuring my remedies. She did so; she came to the city in three days, and was full of hope that her husband would be spared to her, as she thought that his health had greatly improved. In four days more he died. She subsequently extolled my remedies, and regretted that she had not procured them before; adding, that she believed, had she done so, her husband would have been cured.

This case illustrates the necessity of employing counsel at the very commencement of a disease, who is known to be capacitated to tell *what* the disease is, and whose attention to, and interest in the subject, will enable him to institute that treatment which will be most likely to restore the patient to health.

## MISCELLANEOUS FORMULÆ.

MEDICATED BATHS, DIET FOR INVALIDS, ANTIDOTES, &c.

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SALT-WATER BATH.—Dissolve six pounds of rock-salt in twenty-five gallons of water.

ALKALINE BATH.—Take five ounces of the sub-carbonate of potash, and stir it into thirty-five gallons of water.

SEA-WATER BATH.—Dissolve nine pounds of sea-salt, and four pounds of crystallized chloride of magnesia, in thirty-five gallons of water.

SULPHUR BATH.—Dissolve six ounces of the sulphuret of potassa, in twelve ounces of muriatic acid; mix the whole with thirty-five gallons of water. The temperature of this bath should be 90° F.

THE BAREGES BATH.—Take of carbonate of soda, chloride of sodium, and crystallized sulphuret of sodium, of each two ounces, dissolve in twelve ounces of pure water, and mix the solution with thirty gallons of the same fluid.

IODINE BATH.—Place two drachms of iodine, and four drachms of the iodide of potassium in a pint of water, and when dissolved, pour the solution into a bath containing fifty gallons of water. The tub for this bath must be of wood, and be covered

while the patient is immersed, to prevent the fumes from rising, and irritating the fauces and throat. The face and hands need not be immersed, as this bath will slightly color the skin; the color, however, soon disappears.

**NITRO-MURIATIC ACID BATH.**—Take of muriatic acid, three ounces, nitric acid, two ounces, water, five ounces, mix; three ounces of this dilute acid is to be added to each gallon of water in the bath. Place the feet in the bath for fifteen minutes, and in the mean time, sponge the rest of the person—with the exception of the face, neck and hands—frequently. The bath-tub should be of wood.

**MURIATIC ACID BATH.**—Add from four to six ounces of the muriatic acid, to thirty-five gallons of water. Let the tub be of wood.

**NITRIC ACID BATH.**—Add six ounces of nitric acid, to thirty-five gallons of water. Let the tub be of wood.

**WARM BATH.**—The temperature of the water should range from  $90^{\circ}$  to  $100^{\circ}$  F.

**HOT BATH.**—The water should be as hot as the patient can bear with comfort; from  $100^{\circ}$  to  $150^{\circ}$  F.

**THE EMS BATH.**—Dissolve twelve ounces (Troy) of the bi-carbonate of soda, two ounces of common salt, and two ounces of the sulphate of iron, in thirty-five gallons of pure water of the temperature of  $85^{\circ}$  F. This makes a bath similar to the Ems waters in Germany, which have the reputation of curing consumption.

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**TO MAKE CARRIGEEN JELLY.**—Take Carrigeen moss, 3 ounces, water, 2 quarts, boil it down to half a pint, strain and add sugar, 4 ounces, flavor

with vanilla bean or lemon to taste, and set aside to jelly.

TO MAKE BLANC-MANGE.—Take Carrigeen moss, half an ounce, milk one quart, boil fifteen minutes, strain, flavor with vanilla bean, and set it by to cool.

TO PREPARE ARROW-ROOT.—Take 2 tablespoonfuls of arrow-root, make it into a paste, with cold water, pour upon this boiling milk to thicken it, then sweeten and flavor to taste.

TO PREPARE RICE.—Take 2 ounces of the best rice, wash and soak in cold water half an hour, boil it then in milk until it is quite soft; to be eaten with pulverized sugar and cream, or with syrup, molasses or honey.

TO MAKE ISINGLASS JELLY.—Take half an ounce of isinglass, half a pint of milk, boil until the isinglass is all dissolved, flavor and set it away to cool, when it will be fit to serve with pulverized sugar and cream.

TO MAKE TAPIOCA JELLY.—Take tapioca, 3 ounces, water, 1 quart, soak 8 hours, boil it over a gentle fire until it becomes quite clear, and if necessary add more water while boiling, sweeten and flavor with vanilla, cinnamon, wine or nutmeg to taste.

TO MAKE OATMEAL PORRIDGE.—Take five tablespoonfuls of oatmeal and the same quantity of water and mix them thoroughly together; then add rather more than half a pint of milk and a little salt; water, or milk and water may be used instead of milk. It must be boiled and stirred until it is thick, which requires about three minutes after boiling has commenced.

RECEIPT FOR MAKING BOUILLON, furnished to the author by a cook in Paris.—Boil 2 pounds of fresh lean beef, off of the round, for four hours, in three or

four quarts of water containing salt; add, while boiling, carrots, leeks, onions, or celery, to flavor. A chicken may be substituted for the beef, in whole or part.

**BARLEY WATER.**—Take pearl barley, one and a half ounces, water two quarts, boil down to about three pints, decant or strain.

**FLAXSEED TEA.**—Take flaxseed, 3 ounces, pour upon it 2 quarts of boiling water, let it infuse for one hour; when cool add half an ounce of lemon juice and sweeten with honey.

**EFFERVESCING DRAUGHT.**—Take lemon juice one ounce, add carbonate of potas to saturation, then add water, six ounces. *Dose*, a tablespoonful each hour, or two hours.

**TAR BEER.**—Take tar, one pint, honey, half a pint, malt, one quart, water, three quarts, mix; simmer three hours, strain, add brewers' yeast, half a pint, let it stand thirty-six hours, and then bottle. *Dose*, a wine-glass full before each meal.

**INFUSION OF WILD CHERRY BARK.**—Take of the dried bark, bruised, half an ounce, cold water, one pint, mix; let it stand twenty-four hours, strain, then let it stand until it becomes clear; pour off the clear liquid, which is fit for use. *Dose*, a wine-glass full, three or four times a day; double the quantity may be taken without danger, and often with benefit.

**SYRUP OF WILD CHERRY BARK.**—Take dried bark, bruised, four ounces, cold water, eighteen ounces, mix; let it stand for two days, in a cool place, occasionally stirring; strain, let it stand until it becomes clear, pour off the clear liquid, which will weigh twelve ounces; to which add six ounces of the best white sugar; the sugar will soon dissolve

*without* heat, and the syrup is ready. *Dose*, a wine-glass full three times a day, mixed with pure cold water.

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ANTIDOTES.—Syn.—*Counter-poisons*.—If a person has taken POISON, it is proper to apply domestic or ready remedies before the arrival of the physician; I will subjoin the proper procedure.

ARSENIC.—When a person has taken arsenic, give him, immediately, either of the following draughts, and let him drink frequently and copiously. White of egg and water; milk; flour and water; olive oil, or olive oil and lime water, in equal parts. Tickle his throat with the feathered end of a quill, to excite vomiting. Keep the sufferer drinking and vomiting until the physician arrives, who will apply the stomach pump, and take charge of the patient.

MINERAL ACIDS.—If a person has swallowed either muriatic, nitric or sulphuric acid, give him either milk or white of eggs, or magnesia and milk, in large quantities, and let him inhale the vapor of ammonia—hartshorn.

PRUSIC ACID.—Give a glass of brandy and water containing a teaspoonful of hartshorn; repeat the draught every fifteen minutes for an hour, or until the physician arrives.

OXALIC ACID.—Give magnesia, chalk or whiting, mixed with a small quantity of milk or water.

LAUDANUM, OPIUM, or MORPHIA.—Give 20 grains of ipecac, with warm water every fifteen minutes until the patient vomits, or if mustard is more convenient, give a teaspoonful instead of the 20 grains of ipecac; as soon as the patient vomits, give him strong coffee, dash water into his face, and worry

him in some way till the doctor comes. Do not let him remain quiet for a moment; keep him walking, or, if he cannot walk, shake him or whip him constantly.

VEGETABLE POISONS.—As nux vomica, tobacco, stramonium, atropa belladonna, colchicum, digitalis, cocculus indicus, &c., &c. Give emetics; either 20 grains of ipecac in water, or 15 grains of the sulphate of zinc, in solution with water.

APOPLEXY AND SUN-STROKE.—Place the sufferer in the sitting posture; loosen the clothing about the neck and chest, and do not let many people surround the patient. Apply bags of ice, or a cloth wet in iced-water to the whole upper part of the head; place the feet and ancles in a hot bath, made stimulating by the addition of mustard; apply cups or leeches to the nostrils, back of the neck and temples—if the pulse will permit the depletion.

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FALLING OF THE HAIR.—Keep the scalp entirely free from dandruff, brush the scalp twice a day until it is thoroughly reddened, and apply a hair tonic composed of

R

|                                    |            |
|------------------------------------|------------|
| Best French Brandy, . . . . .      | 6 ozs.     |
| Caster Oil (fresh,) . . . . .      | 1 “        |
| Ammonia, . . . . .                 | 1 “        |
| Tincture of Cantharides, . . . . . | 2 drachms. |

Mix, and shake well before using.

This tonic has no superior, either to prevent the hair from falling, or to restore it upon bald scalps. It is not to be put upon the hair; the hair must be parted and the tonic applied directly upon the scalp, and brushed in.

BURNS.—Apply linen cloths, wet in a mixture of equal parts of lime-water and linseed oil. Olive oil will answer.

A PRESCRIPTION FOR DYSPEPSIA.—An effectual remedy, in many cases.

R

|                           |           |
|---------------------------|-----------|
| Zingiberis contusi,       |           |
| Colombæ contusæ . . . . . | ā ā ʒss.  |
| Sennæ . . . . .           | 3ij.      |
| Boiling water, . . . . .  | one pint. |

Steep for one hour in a covered dish, strain, and take a wineglassful morning and evening.

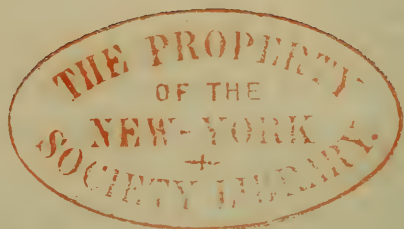
A POWERFUL ANTHELMINTIC, for dispelling worms from children.

R

|                          |           |
|--------------------------|-----------|
| Sennæ, . . . . .         | 3ij.      |
| Mannæ, . . . . .         | 3j.       |
| Spigeliæ, . . . . .      | ʒss.      |
| Fœniculi, . . . . .      | 3ij.      |
| Boiling water, . . . . . | one pint. |

Steep for an hour in a covered vessel.

Dose, for a child from two to four years old, a wineglassful three times a day.



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